

7 Steps to Better Anger Management

Being unable to control, express, or resolve anger can lead to disastrous consequences. Here are seven steps to help reduce anger and create more positive outcomes.

STEP 1



LEARN TO PAUSE

Stop, breathe, and instead of instinctively reacting in anger, choose your reaction. Contemplate your next move before making it.

STEP 2



ACKNOWLEDGE & ASSESS

Acknowledge your anger. Recognize its presence and assess why you are angry, and if anger is an appropriate reaction to this situation.

STEP 3



IDENTIFY POSSIBLE OUTCOMES

Ask yourself what an angry reaction is likely to produce. Then, what a calmer reaction is likely to produce. What if you do not react at all?

STEP 4



EXPRESS YOUR ANGER

Learn to express your anger through verbal communication, journaling or interpretative dance for temporary relief or resolve.

STEP 5



GIVE YOURSELF SPACE

Take a step back. Would you be more equipped to handle the situation better after a five-minute break? Tomorrow? Next week?

STEP 6



FIND AN OUTLET

Physical activity releases feel-good endorphins that can reduce anger and depression. Try an exercise to change your mood.

STEP 7



MONITOR YOUR MEDIA CONSUMPTION

Disconnect from social media and the news for a few days, weeks, or months. Fill your media diet with funny movies, music, and books.



Steps To Better Management

Huangqi Zhang



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