



ANGER MANAGEMENT

We are faced with many challenges, disappointments and frustration in our daily lives. A perfectly normal and reasonable response is to sometimes feel angry at the situation. Though there is no shame in feeling this way, it's important to maintain a cool head and not make matters worse by acting out on this anger. Here are some helpful tools to help you control your anger.

HOW TO DEAL

One thing that is important is to avoid making matters worse for yourself by acting out on your anger in a verbal or physical way. The following tools will help you get there.

Identify what you are angry about

By doing this, you will gain a better understanding of what triggers your anger and depending on the situation, find ways to work through it or perhaps avoid it altogether.

Consider how you yourself can bring about these changes

We deal with problem management every day of our lives. Managing your anger is no different. Identify what you want to be different and come up with a healthy strategy to accomplish this goal.

Breathe in through mouth and breathe out through the nostril deeply at least 3 times

Breathing exercises help you calm your mind and reset. As we already understand, everybody gets angry. By concentrating on our breathing, we enable ourselves to get back to our core self and not let others control our emotions.

Act when calm

The worst decisions you make in life are the ones you make out of anger. Give yourself some time before making any important decisions in your personal or professional life.

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