



Topics of Interest

Tips for Coping with Anger

1. Recognize that anger is a basic emotion which all people experience. Individuals differ in how often they get angry, the amount of anger they feel, and the actions they take when angry.
2. Anger itself is neither good nor bad. It can, however, have beneficial or destructive consequences depending on how we handle it.
3. Take responsibility for your anger. Situations do not make us feel a certain way—feeling angry results from how we view a situation and what we tell ourselves about it.
4. Identify the thoughts and beliefs that trigger your anger. Often, these involve a perception of injustice or unfairness (to self or others), or beliefs that we should or must have things go the way we want.
5. Make a conscientious effort to be flexible. View conflicts as problems requiring solutions, rather than battles to be won or wrongs to be righted.
6. Learn how to be assertive. This means having the ability to honestly express how you feel and what you need while respecting others.
7. Think positively. Telling yourself "I can handle this without becoming upset", "there is nothing to be gained by blowing up", or "keep your cool, stay focused on the problem" will enhance effectiveness and self control in the face of conflict.
8. Take a break when needed. Mentally "stepping back" from the conflict is often helpful in thinking through a problem, maintaining perspective and preventing overreaction. Try slowly counting to 10 or taking a few deep breaths, exhaling slowly. Do more than once if needed!
9. Develop a regular and realistic physical exercise routine. This promotes feelings of well being, enhances relaxation and helps buffer the effects of stress. Exercise need not be strenuous to be beneficial.

- 10. Maintain social support. Find others you can trust and relate to openly. Talking things out with a good listener can help us put things in a more realistic perspective and decrease feelings of pressure and frustration.**
- 11. Seek professional counseling for anger which is persistent, escalating, or results in aggressive behavior. In some instances anger can be a symptom of other underlying emotional problems that can be remedied through counseling. Counseling techniques can also help you recognize how you may be perpetuating your anger and show you ways to change it.**