



Anger Management

Controlling your temper isn't always easy

These materials are intended for informational purposes only, and not as a substitute for professional medical advice. Always seek the advice of a qualified health provider for a medical diagnosis and before starting or changing any course of treatment.

Anger Management

Controlling your temper isn't always easy. If your outbursts are negatively affecting relationships with family, friends, co-workers and even complete strangers, it's time to change the way you express your anger. You can take steps on your own to improve your anger management.

Anger management tips

Here are some anger management tips to help get your anger under control:

- Take a "time out": Count to 10 before reacting.
- Learn to forgive.
- Do something physically exerting. Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a brisk walk or a run, swim, or lift weights.
- Find ways to calm and soothe yourself. When you are angry, try drinking a glass of water.
- Practice deep-breathing exercises. You can also listen to music, or do yoga.
- Use humor to release tension.
- Practice relaxation skills like meditation and yoga.



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