



Anger Management



Overview

Anger can make it hard to deal with conflicts in your life. Small arguments spin out of control. You may break things or threaten others. If this sounds like you, anger management can help. It teaches you healthy ways to deal with anger. Here are some anger management tips that can make a big difference.

Pay attention

First, pay attention to the things that trigger your anger. If you know the things that anger you, avoid them or plan ahead so you can manage your reaction. And instead of getting angry at the same thing again and again, look for a solution.

Work on communication

Next, work on how you talk with others. When you disagree with someone, avoid words like "always" and "never." Most things aren't so black and white. So don't think about things in these extreme ways. Also, try listening to what the other person is saying. Let them finish without jumping to conclusions. And instead of responding right away, it may help you to slow down and think about your response before you give it.

Take a time out

If you're in a disagreement and about to lose control, take a time out. Step away from everyone and give yourself a few minutes to cool down. This can really help keep a bad situation from getting worse.

Learn to relax

And finally, learn to relax your mind and your body. There are many types of relaxation methods that you can try. Find one that works for you.

Conclusion

If you are having trouble controlling your anger, and especially if you feel you may hurt yourself or others, tell your doctor right away. Your doctor will create a care plan that's right for you.

Actor portrayals in photos

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