

MANAGING ANGER



Everyone feels angry sometimes. It's not a bad feeling—it can even help you make positive changes. But too much anger (or too often) can start to take a toll on well-being and relationships.

Here are three strategies to help you better manage anger.

Managing emotions

- **Practice relaxation skills.** You can't be relaxed and angry at the same time! Mindfulness, deep breathing, guided imagery, and progressive muscle relaxation are just a few techniques that can help.
- **Try to find humour.** It's also hard to be angry when you're laughing, so see if you can find something lighter in something you might be taking a bit too seriously.

Managing thinking patterns

- **Use realistic thinking** to manage angry thoughts. Ask yourself: What does the evidence say? What are some other ways of viewing the situation or conflict?
- **Build empathy.** You may feel angry when you think someone's behaviour was intended to hurt you in some way. Often, other people's behaviour isn't personal and usually reflects how they are coping with things in their own lives. Ask yourself: What might this situation feel like for the other person?

Managing behaviours

- **Solve problems.** A big part of anger management is learning constructive ways to solve problems. This means making sure that your response to your angry feelings is directed at solving the problem, not at other people. You can learn more about problem-solving in the link below.
- **Be assertive, not aggressive.** Being assertive means that you can communicate needs or concerns while respecting other people. Being assertive does not mean behaving aggressively to get your own way.

If you have a hard time managing your anger, it's a good idea to talk to a professional. They can recommend courses or other resources in your community.



To learn more about anger management, see the Anger Management Wellness Module at www.heretohelp.bc.ca/wellness-modules