

## Understanding and Dealing with Anger

# Recognise Anger

It is not uncommon for us to feel frustrated and even angry, especially when we face failures, dissatisfaction, or unfairness



Just like happiness, anxiety, and sadness, anger is the most basic and natural human emotional response



The appropriate level of anger can drive us to maintain self-esteem and protect ourselves from harm



But when anger persists, or when it causes you to attack others, hurt yourself, cause troubles, or prevents you from building interpersonal relationships, it is important to address it and get help immediately



# Manage Your Anger



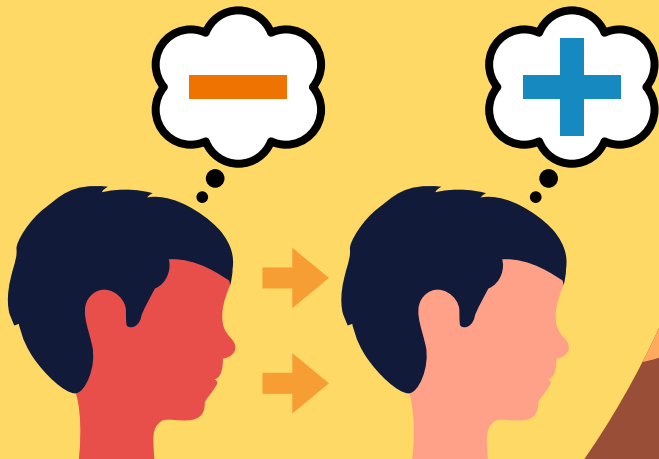
## Leave the Environment

- Change the environment to help soothe your emotions and avoid acting impulsively out of anger



## Change Your Mind

- Write down the thought that is causing your anger (e.g., "everyone picks on me")
- Ask yourself: "Is my thought true to the facts?"
- If it is not true (e.g., "actually only a few people pick on me"), change your thoughts and your anger level will be reduced



## Relieve Your Stress

- Ways to relax can vary from person to person (e.g. washing face, doing exercise, listening to soft music)
- Repeat "re-lax" in your mind with slow deep breaths to prompt yourself to relax



## Improve Communication

- When you are angry, it is easy to say things that are hurtful and make you regret, which makes the communication ineffective
- You should wait until you have calmed down to start a conversation or make an important decision
- If you are easily agitated, you can invite a third party with no conflict of interest to join and facilitate communication

