

Dealing With Anger



Everyone gets angry.



Anger is a normal human feeling.



The ways we express our anger may be unhealthy.



Some ways to handle anger without hurting yourself or anyone else are:



- ◆ Stop take time out to calm down, reflect.
 - ◆ Go for a walk or run. Work off your frustration through exercise
 - ◆ Get away...go outside, go in another room, give yourself a little time alone.
 - ◆ Turn negative energy into something productive...clean. house, do yard work, tackle some other job you've been putting off.
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- ◆ Tune out...turn on some music, watch TV, or read a book until you are ready to deal with the problem.
 - ◆ Talk with someone else about your feelings...call a friend or a helpline.
 - ◆ Write your feelings down on paper.
 - ◆ Don't let anger build and build. If your feelings don't go away, get help.