



TIPS TO TAME YOUR TEMPER

Anger is a normal and even healthy emotion, but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships. Consider these anger management tips to keep your anger under control.

Take a timeout.

Before reacting to a tense situation, take a few moments to breathe deeply and count to 10. Slowing down can help defuse your temper. If necessary, take a break from the person or situation until your frustration subsides.

Once you're calm, express your anger.

As soon as you're thinking clearly, express your frustration in an assertive but non confrontational way. State your concerns and needs clearly and directly.

Get some exercise.

Physical activity can provide an outlet for your emotions. If you feel your anger escalating, go for a brisk walk or run, or other favorite physical activities.

Identify possible solutions.

Instead of focusing on what made you mad, work on resolving the issue at hand. Remind yourself that anger won't fix anything, and might only make it worse.

Don't hold a grudge.

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness.

Practice relaxation.

When your temper flares, put relaxation skills to work. Practice deep breathing exercises, imagine a relaxing scene. You might also listen to music, write in a journal or do a few yoga poses.

Know when to seek help.

Learning to control anger is a challenge for everyone at times. Consider seeking help if your anger seems out of control, causes you to do things you regret or hurts those around you.

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