Anger Management Skills

Recognize your Anger Early	If you're yelling, it's probably too late. Learn the warning signs that you're getting angry so you can change the situation quickly. Some common signs are feeling hot, raising voices, balling of fists, shaking, and arguing.
Take a Timeout	Temporarily leave the situation that is making you angry. If other people are involved, explain to them that you need a few minutes alone to calm down. Problems usually aren't solved when one or more people are angry.
Deep Breathing	Take a minute to just breathe. Count your breaths: four seconds inhaling, four seconds holding your breath, and four seconds exhaling. Really keep track of time, or you might cheat yourself! The counting helps take your mind off the situation as well.
Exercise	Exercise serves as an emotional release. Chemicals released in your brain during the course of exercise create a sense of relaxation and happiness.
Express your Anger	Once you've calmed down, express your frustration. Try to be assertive, but not confrontational. Expressing your anger will help avoid the same problems in the future.
Think of the Consequences	What will be the outcome of your next anger-fueled action? Will arguing convince the other person that you're right? Will you be happier after the fight?
Visualization	Imagine a relaxing experience. What do you see, smell, hear, feel, and taste? Maybe you're on a beach with sand between your toes and waves crashing in the distance. Spend a few minutes imagining every detail of your relaxing scene.

© 2012 Therapist Aid LLC