

# Anger Management

## Some Proven Strategies to Help Manage Your Anger

- **Recognize angry feelings:** find your triggers
- **Relaxation:** deep breathing can help
- **Cognitive restructuring:** change the way you think to be more rational
- **Better communication:** don't jump to conclusions
- **Use humor:** laugh it off
- **Think about your reactions:** what worked? What can I do differently?

### Questions?

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Anger is normal human emotion. Like most other emotions, anger can have adaptive qualities, and depending on how it is managed and expressed, it can have positive or negative consequences. For example, awareness of one's anger is helpful since it can signal when our rights are being violated or our needs are being ignored. Anger can also help to energize and motivate us to work to address problems with another person or to change our life situation.

However, there is a risk of negative consequences when anger is not managed or expressed effectively. Prolonged anger and frustration can contribute to physical conditions: headaches, digestive problems, high blood pressure and heart disease. Problems dealing with angry feelings may be linked to psychological disorders such as anxiety or depression. Chronic anger creates problems getting along with others and can lead to involvement in unhealthy relationships. Inappropriate anger typically plays a large role in problematic behaviors like "road rage," accidents, and getting into verbal or physical fights.

## Possible Signs of Difficulty Coping with Anger

- You feel (or fear) being out of control when you are angry.
- You often feel tense, irritable or frustrated.
- You find yourself frequently gossiping or complaining about others rather than speaking to them directly about what is bothering you.
- You frequently feel hurt or resentful that others treat you unfairly.
- You hurt others, especially those you care about, by demeaning or putting them down, cursing at them, or being verbally abusive. You end up regretting something you said or did when angry.
- You take out your anger on someone or something else rather than the person or situation that is bothering you.
- You have physically lashed out when angry
- You have lost or are in danger of losing a relationship, job, or something else important to you because of your anger.
- You have been arrested or have legal difficulties because of your anger.
- You use alcohol or drugs to try and calm your emotions.
- Others have expressed concern about your anger.