

# ANGER

Have you ever been in this situation? You're driving on the freeway and some jerk is driving erratically, cutting off other drivers left and right, nearly causing an accident with you or other cars around you? Maybe at that moment you have a fear for the safety of yourself or loved ones in the car, or for the others around you.

You may start to feel your skin get hot, you begin to sweat, your heartbeat races and breathing quickens. Those sensations are what we experience as anger. It is a perfectly natural response to a situation we perceive as dangerous. Most of the time we let these

feelings pass and move on with our day. But sometimes we let that anger control us and we can flash or rage; often doing things that we will later regret.

The first key to managing anger is to understand why we experience these things in our body and what the symptoms feel like. Anger triggers the body's 'fight or flight' response. Other emotions that trigger this response include fear, excitement, and anxiety. The adrenal glands in our brain flood the body with stress hormones, such as adrenaline and cortisol. The brain pushes blood away from the central core and towards the muscles and extremities, in preparation for physical exertion. Heart rate, blood pressure, and respiration increase causing the body's temperature to rise, and the skin to perspire.

The mind sharpens and focuses to prepare us to either fight or escape danger. Once we can recognize these signs in ourselves, we need to learn how to control them.



## UN-HEALTHY WAYS TO MANAGE YOUR ANGER

### Anger Explosions

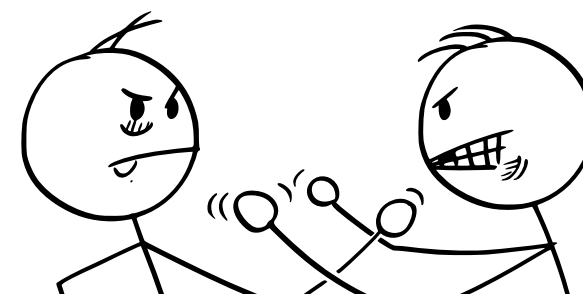
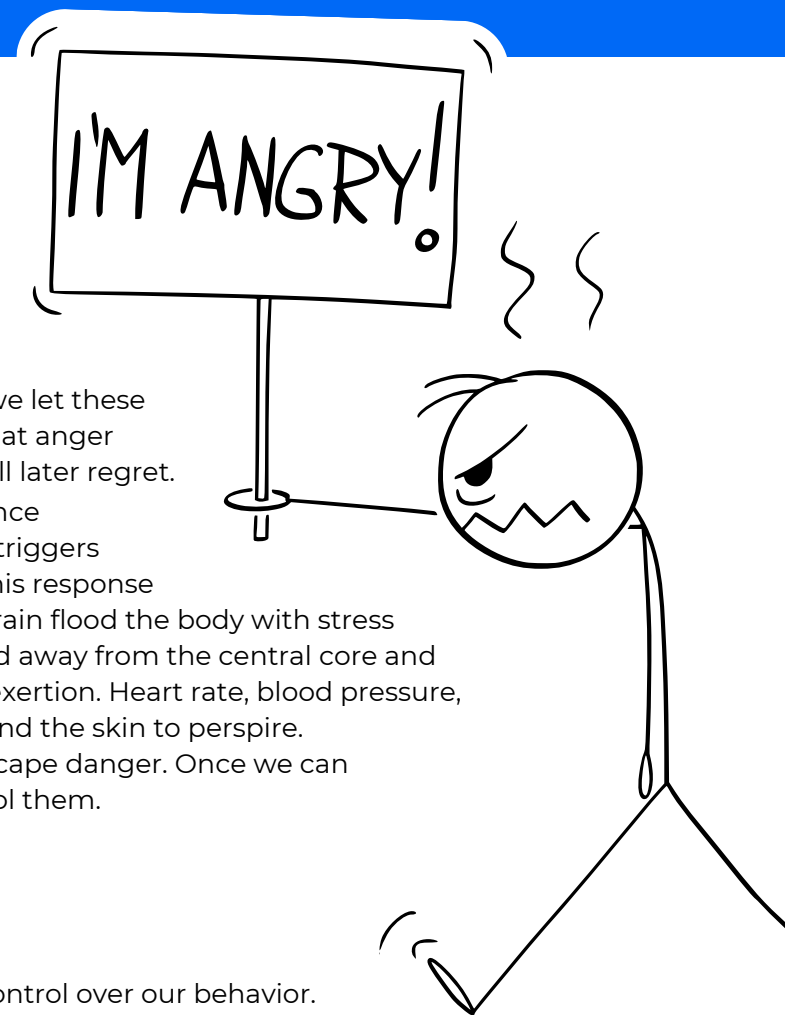
Often called raging, this is when we let our emotions get the best of us and we lose control over our behavior. Raging may lead to physical abuse or violence and most often regret.

### Anger Repression

Some people consider that anger is an inappropriate or 'bad' emotion and choose to suppress it. However, bottled anger often turns into depression and anxiety. Some people vent their bottled anger at innocent parties, such as children or pets.

### Avoidance

Often, we can have arguments with close friends, family, or co-workers that make us angry. If we tend to avoid these people in our day-to-day lives instead of trying to resolve the conflict, we can create a sense of isolation and loneliness leading to depression and a worsening mood.



If you see this 393 Peer Supporter hard hat sticker it means the individual has received training and is a safe person to confide in.

# ANGER

## HEALTHY WAYS TO MANAGE YOUR ANGER

### Take A Break

If you can remove yourself from the situation and take a walk, do it. Giving yourself a moment to flush out that rush of hormones will help you calm down. That time will also be a good opportunity to think about the situation and how to handle it.

### Take A Breath

Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm angry feelings. There are books and courses that can teach you relaxation techniques, and once you learn the techniques, you can call upon them in any situation.

### Do Something Physical

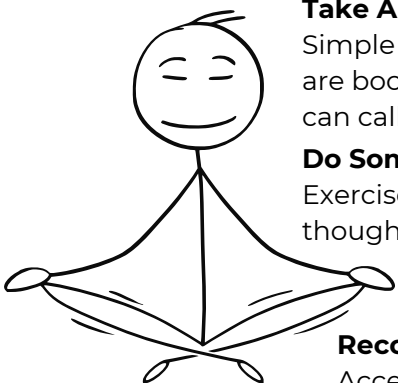
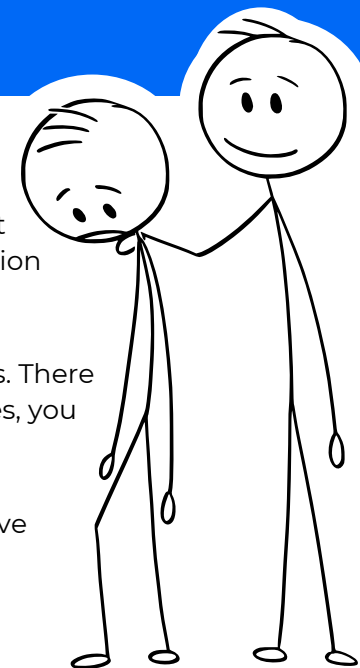
Exercise or physical exertion is a good way to release those stress hormones. Channel those negative thoughts into something that you will end up feeling positive about. Regular exercise will reduce overall stress and can improve mood levels through the production of mood-leveling hormones called endorphins.

### Recognize the Feeling

Accept the emotion for what it is: a natural reaction to something that has happened. Try to pinpoint the exact reasons why you feel angry. Once you have identified the problem, create different strategies on how to fix the situation.

### Talk to Someone

Find someone that you trust that you can talk to. Maybe this is a loved one, a friend, or a professional. Expressing how you're feeling about a situation often leads to finding a solution to the problem.



## GET HELP TO MANAGE YOUR ANGER

Learning how to manage our emotions, especially anger, is paramount to your happiness and the happiness of those around you. Set the example for your friends, your family, your co-workers, and most importantly your children. Be the best version of yourself for the people you care about most. If controlling your anger is a problem, there are many ways for you to get help.

### Reach Out

Talk to someone about your problems. Once we begin to vocalize our problems, solutions will often start to present themselves. If you don't have someone to talk to you can call your Health Advocate at 877-240-6863 or by email at [answers@healthadvocate.com](mailto:answers@healthadvocate.com)

### Counseling

Talk to a counselor and establish an anger management plan. You can find a counselor through our EAP plan Health Advocate

### Ask Your Doctor

Start with your doctor. They may have some insight and will be able to make recommendations for you. There could be a need for medicine to help balance chemicals in your brain, in which case you may need to seek the help of a psychiatrist.

### Seek Resources

Anger Management ([personaladvantage.com](http://personaladvantage.com))  
This is a great place to start to learn more about anger and how to manage it.

