



How to Manage Your Anger: Tips to Help You Stay Calm

Anger is a normal feeling and can be a positive emotion when it helps you work through issues or problems, whether that's at school or at home. However, anger can become problematic if it leads to aggression, outbursts, or physical altercations.

Anger management or anger control is important for helping you avoid saying or doing something you might regret. Before anger escalates, you can use specific strategies for controlling anger. Following you will find some ways you can manage your anger:

Count Down

Count up or down to 10. If you are really mad, start at 100. In the time it takes you to count, your heart rate will slow, and your anger will likely become manageable.

Stop Talking

When you are angry, you may be tempted to let angry words fly, but you are more likely to do harm than good. Pretend your lips are glued shut. This moment without speaking will give you time to collect your thoughts.

Take a Time Out or Take Space Away from the Situation

If you have a hard time staying calm in an emotionally charged situation, remove yourself, take several deep breaths and organize your thoughts.

Movement

Exercise can help calm your nerves and reduce anger. Go for a walk, ride your bike, hit a punching bag, throw pillows.

Play some Tunes

Let music carry you away from your feelings. Put in earbuds or slip outside. Crank up your favorite music and hum, sing, or dance your anger away.

Take Action

Harness your angry energy. Write a letter or email to the person that made you angry. Then, delete it. Often, expressing your emotions in some form is all you will need, even if it's something that will never be seen. Do something good for someone else. Pour your energy and emotions into something that is healthy and productive.

Relax/Breathe

When you feel yourself getting angry, close your eyes, imagine a relaxing scene, and breathe deeply. Breathe in, count to four, and exhale.

Find a Creative Channel

Turn your anger into a tangible production. Consider painting, gardening, or writing poetry when you are upset. Emotions are powerful muses for creative individuals. Use yours to reduce anger.

Get Support

Help yourself process what happened by talking with a trusted supportive friend who can possibly provide a new perspective. Talk to a family member or trusted adult about your frustrations and your difficulty managing your anger. Ask for help and support.

Practice Gratitude

Take a moment to focus on what's right when everything feels wrong. Realizing how many good things you have in your life can help you neutralize anger and turn around a situation.

Anger is a normal emotion that everyone experiences from time to time. However, if you find your anger turns to aggression or outbursts, you need to find healthy ways to deal with anger. Sometimes it can be helpful to keep track of what makes you angry as well as how often it happens so you can begin to prepare or anticipate situations that will make you angry. I hope you will find some of these tips helpful.

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