



8 WAYS TO FEEL ANGRY WITHOUT OTHERS FEELING SCARED

1 COUNT TO 20

THIS HELPS REGULATE YOUR BREATHING. WHEN YOU'RE ANGRY, WHICH OFTEN BECOMES SHALLOW & FAST. COUNTING SLOWLY CAN ENCOURAGE DEEPER, MORE CONTROLLED BREATHING, WHICH IN TURN HELPS TO CALM YOUR BODY'S PHYSIOLOGICAL RESPONSE TO ANGER.

2 WRITE IT OUT

ANGER OFTEN INVOLVES REPETITIVE, NEGATIVE THOUGHTS (RUMINATION) THAT CAN ESCALATE EMOTIONS. WRITING OUT YOUR FEELINGS CAN INTERRUPT THIS CYCLE BY PUTTING YOUR THOUGHTS AND EMOTIONS ONTO PAPER AND GIVING YOU PERSPECTIVE.

3 TAKE A BREAK

WHEN YOU'RE ANGRY, YOUR ABILITY TO THINK LOGICALLY & RATIONALLY CAN BE IMPAIRED. TAKING A BREAK GIVES YOU TIME TO CALM DOWN AND REGAIN PERSPECTIVE.

4 VALIDATE YOUR ANGER

THIS ENCOURAGES SELF-AWARENESS BY HELPING YOU UNDERSTAND WHY YOU FEEL ANGRY. IT ALLOWS YOU TO EXPLORE THE UNDERLYING REASONS BEHIND YOUR ANGER, SUCH AS FEELING HURT, THREATENED, OR FRUSTRATED.

5 WALK AWAY

ACTING OUT IN ANGER CAN STRAIN RELATIONSHIPS WITH OTHERS. WALKING AWAY ALLOWS YOU TO PREVENT SAYING OR DOING SOMETHING HURTFUL THAT COULD DAMAGE RELATIONSHIPS. IT SHOWS RESPECT FOR YOURSELF & OTHERS INVOLVED.

6 WORK OUT

ANGER OFTEN INVOLVES A BUILDUP OF ENERGY THAT NEEDS AN OUTLET. EXERCISE PROVIDES A WAY TO RELEASE THIS ENERGY. RUNNING OR PUNCHING A BAG CAN HELP PROCESS ANGER IN A HELPFUL WAY.

7 TALK IT OUT

TALKING WITH SOMEONE ELSE CAN HELP YOU BRAINSTORM WAYS TO ADDRESS UNDERLYING ISSUES CAUSING YOUR ANGER. THEY MAY OFFER A DIFFERENT PERSPECTIVE OR SUGGEST STRATEGIES YOU HADN'T CONSIDERED.

8 TAKE A COLD SHOWER

COLD WATER HAS A PHYSIOLOGICAL EFFECT ON THE BODY BY ACTIVATING THE "DIVING REFLEX," WHICH CAUSES YOUR HEART RATE AND BLOOD PRESSURE TO DECREASE. THIS CAN HELP YOU CALM DOWN AND MINIMIZE THE PHYSIOLOGICAL AROUSAL ASSOCIATED WITH ANGER.

