

Anger management: 10 tips to tame your temper

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- **Keeping your temper in check can be challenging.**
- **Use simple anger management tips —**
- **from taking a timeout to using "I" statements — to stay in control.**
- **[By Mayo Clinic Staff](#)**

**Ready to get your anger under control?
Start by considering these 10 anger management tips.**

- Do you fume when someone cuts you off in traffic?
- Does your blood pressure rocket when your child refuses to cooperate?
- **Anger is a common and even healthy emotion.**
- But it's important to deal with it in a positive way.
- **Uncontrolled anger can take a toll on both**
 - **your health and**
 - **your relationships.**

1. Think before you speak

- In the heat of the moment,
 - it's easy to say something **you'll later regret.**
- Take a few moments to **collect your thoughts**
 - before saying anything.
- Also allow others involved in the situation to do the same.

THINK
BEFORE YOU SPEAK

T is it **TRUE**?

H is it **HELPFUL**?

I is it **INSPIRING**?

N is it **NECESSARY**?

K is it **KIND**?



THINK BEFORE YOU SPEAK



Nirvaanalife's Institute



irrelevant

relevant



2. Once you're calm, express your concerns

- As soon as you're thinking clearly, express your frustration
 - **in a self-confident but nonconfrontational way.**
- State your concerns and needs **clearly and directly,**
 - **without hurting others or trying to control them.**



3. Get some exercise

- Physical activity can help
 - → **reduce stress that can cause you to become angry.**
- If you feel your anger escalating,
 - → **go for a brisk walk or run.**
- Or spend some time
 - → **doing other enjoyable physical activities.**



4. Take a timeout

- Timeouts aren't just for kids.
- Give yourself **short breaks during times of the day** that tend to be stressful.
- A few moments of quiet time might help you
 - **feel better prepared** to handle
 - → what's ahead **without getting irritated or angry.**



How to use a
TIME-OUT
when an
argument gets
out of control



**Time
Out!**

5. Identify possible solutions

- Instead of focusing on what made you mad,
 - → **work on resolving the issue at hand.**
- Does your child's messy room make you upset? → **Close the door.**
- Is your partner late for dinner every night?
 - → **Schedule meals later in the evening.**
 - Or agree to **eat on your own** a few times a week.
- Also, understand that **some things are simply out of your control.**
- Try to be realistic about **what you can and cannot change.**
- **Remind yourself that anger won't fix anything and might only make it worse.**



6. Stick with 'I' statements

- **Criticizing or placing blame** might only increase tension.
- Instead, use "I" statements to describe the problem.
- **Be respectful and specific.**
- For example, say,
 - **"I'm upset that you left the table without offering to help with the dishes"**
 - **instead of "You never do any housework."**

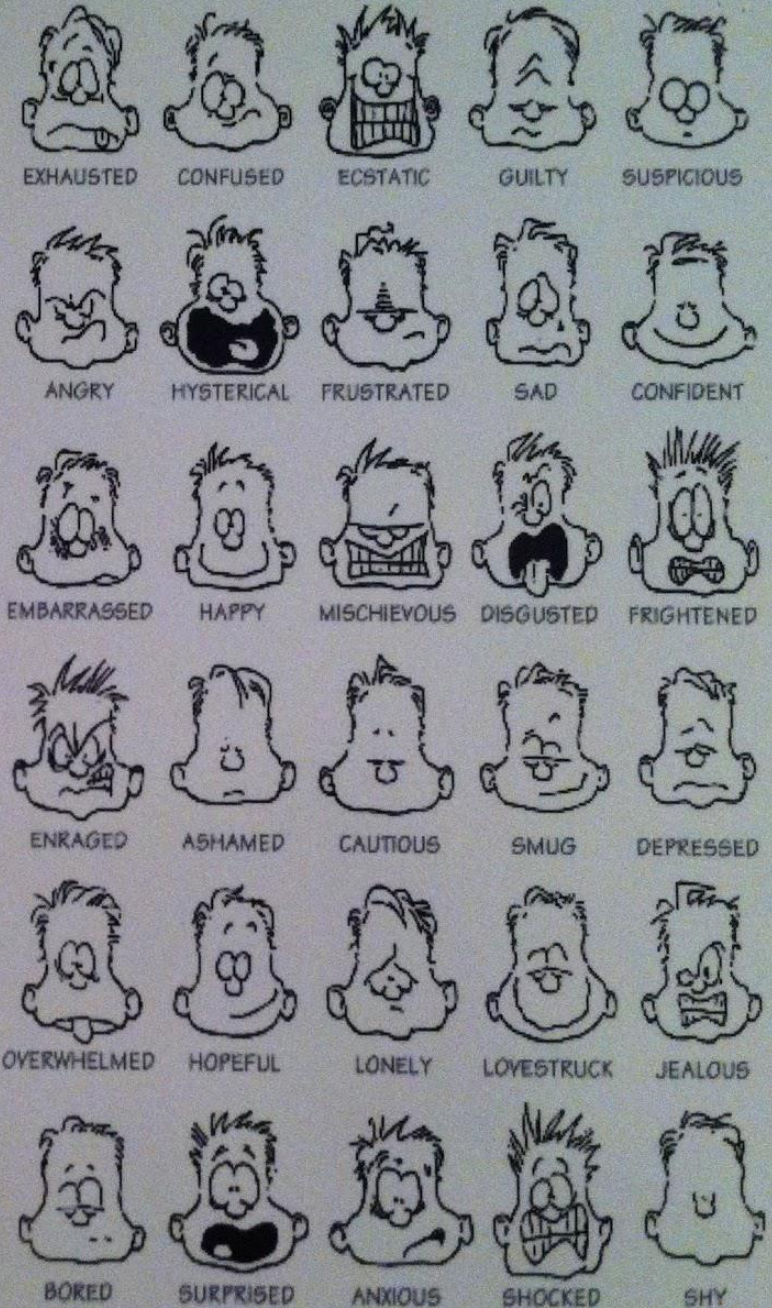
I cooperate
with others.



I feel ...

Because ...

I want ...





EXHAUSTED



CONFUSED



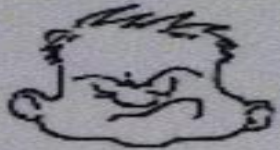
ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



SHY

7. Don't hold a grudge

- **Forgiveness** is a powerful tool.
- If you allow anger and other negative feelings to crowd out positive feelings, you might find **yourself swallowed up by your own bitterness or sense of injustice.**
- Forgiving someone who angered you might help you
 - **both learn from the situation and**
 - **strengthen your relationship.**
- **→ Forgive and forget**

DON'T HOLD A GRUDGE



Top 10
Home Remedies

SevenHills
HOSPITAL
Quality healthcare made affordable





I don't hold grudges,



I remember facts!

8. Use humor to release tension

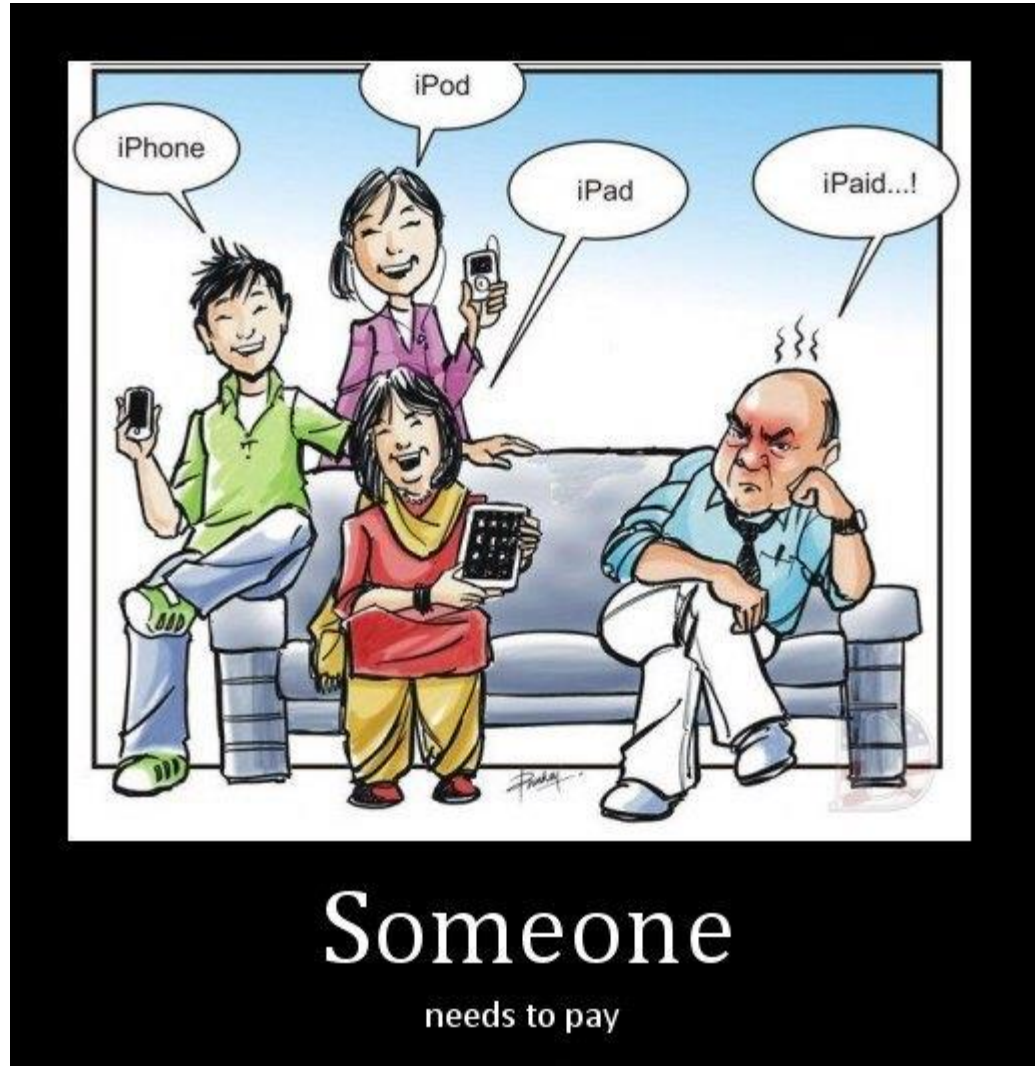
- **Lightening up** can help diffuse tension.
- Use humor to help you face what's making you angry and, possibly, **any unrealistic expectations** you have for how things should go.
- **Avoid sarcasm**, though — it can hurt feelings and make things worse.

- **Laughter** enhances your
 - **Intake of oxygen-rich air,**
 - **Stimulates your heart, lungs and muscles, and**
 - **Increases the endorphins that are released by your brain.**
 - **Activate and relieve your stress response.**
- A rollicking laugh fires up and then cools down your stress response,
- and it can increase and then decrease your heart rate and blood pressure.



How To Use
Humor and Play to
Diffuse Tension
In Your Parenting





Progress is made by
lazy people looking for an
easier way to do things





9. Practice relaxation skills

- When your temper flares, put relaxation skills to work.
 - Practice **deep-breathing** exercises,
 - imagine a **relaxing scene**, or
 - repeat a calming word or phrase, such as "**Take it easy.**"
 - You might also listen to **music**,
 - **write in a journal** or
 - do a **few yoga poses** —
 - whatever it takes to encourage relaxation.

RELAXATION TECHNIQUES TO REDUCE STRESS



Tai Chi



Relaxing
Music



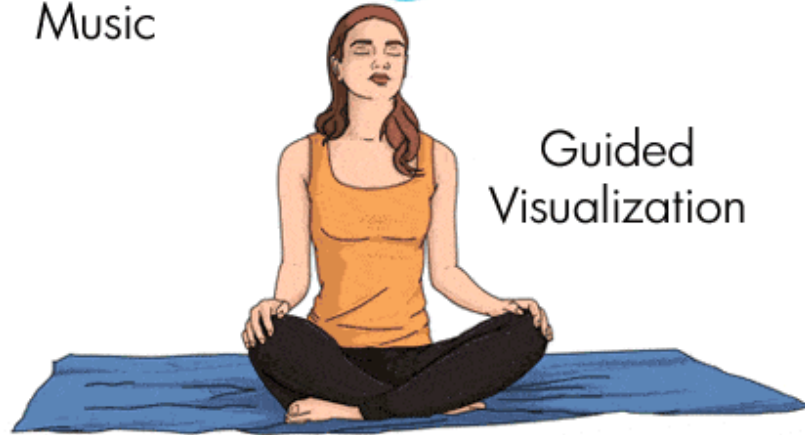
Guided
Visualization



Progressive
Muscle Relaxation



Laughing



Deep Breathing

A HUFFINGTON POST GRAPHIC

H

Change Your Breathing, Change Your Life

Focusing on your own breathing can have a significant impact on your well-being and stress levels, awakening your mind and body while also lowering blood pressure and reducing anxiety. Here are seven big health reasons to stop and exhale.

Change Your Breathing, Change Your Life

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1

STIMULATE BRAIN GROWTH

When controlled breathing is used during meditation, it can actually increase the size of the brain. Meditation that involves focusing one's attention on the breath has the capacity to increase cortical thickness, according to a 2005 Harvard study.

2

IMPROVE HEART RATE VARIABILITY

Low heart rate variability (the interval of time between heartbeats) has been associated with a greater risk of heart attacks. A 2012 study found that non-yogic deep breathing practices can improve heart rate variability in healthy test subjects.

3

LOWER STRESS LEVELS

If your breathing is shallow, your body is probably in "fight-or-flight" mode reacting to stress, says Ardito. Taking a minute or two to sit quietly and focus on your breathing helps your body achieve a state of calm, shifting from functioning out of the sympathetic nervous system (characterized by drive, flight and ambition) to the parasympathetic nervous system, which puts the body in a state of "relax and receive."

4

ALLEVIATE ANXIETY & NEGATIVE EMOTIONS

Many of us have felt short of breath during times of panic or stress. This is the body's natural reaction to a perceived threat, says Ardito. Focusing on breathing can help to alleviate anxiety, symptoms of depression, and other negative emotions. Last year, Australian researchers found that deep breathing 30 minutes before a performance effectively reduced musicians' performance anxiety.

5

REDUCE TESTING ANXIETY

A 2007 study published in the journal Teaching and Learning in Medicine found that students who practiced deep-breathing meditation before an exam reported perceiving less anxiety, self-doubt and concentration loss than the students who did not practice deep breathing.

6

LOWER BLOOD PRESSURE

Taking slow, deep breaths for just a few minutes a day could help to lower your blood pressure, according to Dr. David Anderson of the National Institutes of Health. While researchers have observed that slow, deep breaths can help to relax and temporarily dilate blood vessels, they don't yet know precisely why deep breathing has the capacity to cause a lasting drop in blood pressure, Anderson tells NBC News.

7

ALTER GENE EXPRESSION

A recent study found that mind-body practices like yoga, meditation and deep breathing exercises can trigger the body's "relaxation response," a physiological state of deep relaxation that alters the way it responds to stress. This state can counter the negative effects of stress for people with health conditions like anxiety and hypertension, by actually altering the expression of genes in the immune system.



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Stretch



Relaxing
Videos



Yoga



Meditate

8 Ways to relax & calm your mind



Slow
Down



Try Tea



Calming
Music



Breathe

10. Know when to seek help

- Learning to control anger can be a challenge at times.
- Seek help for anger issues if your anger
 - **Seems out of control,**
 - **Causes you to do things you regret or**
 - **Hurts those around you.**



HOW TO SEEK HELP IF YOU ARE STRUGGLING WITH YOUR MENTAL HEALTH



LOCAL DOCTOR

Try and arrange a time to speak with your local doctor who can offer advice and support



SMALL STEPS

Take small steps towards seeking help. A first step might be talking to a friend or family member who can support you to reach out for extra help



WORKPLACE

Talk to your workplace and see if they offer an employee assistance programme



MENTAL HEALTH CHARITY

A number of mental health charities have educational resources or support lines you can reach out to. (E.g. Mind or rethink)



FRIENDS/FAMILY

Talk to a friend or family member who is supportive, trustworthy and caring



REFLECT

Write down the benefits of reaching out and seeking help. Take that first step to reaching out to somebody



BE KIND TO YOURSELF

It's important to remember that you're not alone, and that you deserve support



THE SAMARITANS

The Samaritans offer emotional support 24 hours a day

