



## Uncontrolled Anger is a Health Risk

*Uncontrolled anger not only hurts people around us, it can also hurt us physically, emotionally, & mentally. Studies have shown that people anger easily have a higher risk of developing health issues such as digestive problems, depression, high blood pressure, & a weak immune system.*



## Everyone gets angry.

*Anger is a natural human emotion that we all feel at times. It is not all bad as it can help us detect & react to a threatening situation. However, allowing anger to get out of control can lead to problems in both our personal and professional lives.*

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**SEWA-AIFW**

**24/7 CRISIS LINE**

**952.912.9100**

Talk It Out: Mental Health Consults  
**counseling@sewa-aifw.org**

6645 James Ave N  
Brooklyn Center, MN 55430  
763.234.8301 | sewa-aifw.org



**@sewaaifwmn**

National Suicide Prevention Hotline  
1-800-273-8255

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# Anger Management

Break the Cycle

**mn** DEPARTMENT  
OF HEALTH

# What Causes Anger

**People** - Family, Friends, Colleagues, Strangers who say or do things that upset you

**Stress** - from workplace, family, finances, responsibilities, & health issues.

**Frustration** - sometimes you feel that life is out of your control and that you cannot reach your goals.

**Daily Hassles** - traffic, busy schedule, loud noises, office politics.

**Social Issues** - discrimination, racism, sexism, isolation, or poverty



**The cause of anger may not be within your control, but how you react & express your anger is.**

# Control Your Anger

## Take a Timeout

Take a few minutes to calm down before reacting. Count to 10 or take deep breaths.

## Get Some Space

Walk away to help diffuse your temper and give you a better perspective.

## Express Anger Constructively

Hobbies, housework, activities allow you to express yourself in a non-combative way.

## Exercise

Physical activity gives you an outlet and endorphins to help relax you.

## Practice Relaxation Skills

Deep-breathing, visualization, listening to music, writing in a journal, doing yoga.

## Think Before You Speak

Write down your thoughts so you can stick to the issues & not say things you may regret.

## Identify Solutions

Work with the other party to resolve the issue. Use "I" statements when describing the problem to avoid placing blame.

## Don't Hold Grudges

Focus on moving forward

## Use Humor

Humor can help diffuse tension

# Relaxation Exercise

Imagine your anger is a fire burning inside your body. Visualize that fire.

Find a glass of cold water. As you drink the water, visualize the cool water running down your throat and into your body., pouring over the angry fire.

Visualize the fire being extinguished by the water.

As you practice this technique or other relaxation skills, it will be easier for you to handle your anger.

## **AVOID ALCOHOL AND DRUGS**

Using alcohol or drugs will not solve your problem, it will only make it worse and create further problems.

## **GET SUPPORT**

It always helps to talk with someone who cares about you and your health.

- Friends and Family
- Coworkers
- Counselors
- Support /Community Groups