

ANGER MANAGEMENT SKILLS

Anger Log: Take a few minutes of your day to record any anger episode you experience

What were your thoughts and feelings during the anger episode?

Describe what happened? How did you react? Did your reaction change as the event continued to unfold?

Looking back, what could have triggered your anger? Do you see anything differently than when you were in the heat of the moment?

Deep Breathing: Deep breathing is a simple technique used to manage uncomfortable emotions. Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. Go slow.



Practice for 3 to 5 minutes.

Anger Triggers: Know your triggers and learn how to use them to your advantage.

List your triggers and review them daily:

- 1.
- 2.
- 3.
- 4.
- 5.

Use triggers to your advantage: Design a plan to face your triggers, such as not letting yourself be too stressed out, sleep deprived, tired, hungry, or upset. What would your plan look like?

Make changes to your lifestyle, relationships, or daily routine. Sometimes avoiding situations is the only option.

