Tips to manage anger

sata CommHealth

Take a Break

Step away from the situation to give yourself space to think and calm down.

Identify Triggers

Recognize what situations, people, or events cause you to become angry.

Write down in a journal or notebook so that you can observe a pattern to prevent similar situations from happening.

Talk It Out

Talk to a trusted friend or ambassador to let your feelings be known.

If you do not want to talk, write it down in a journal.

Deep Breathing

Take slow, deep breaths to help calm your nervous system.

Count slowly to 10 to help yourself cool down before you react quickly.

Notice Warning Signs

Be aware of the early physical and emotional signals that anger is building (e.g. fast heartbeat, fast and shallow breathing).

Seek Professional Help

If anger has been an ongoing issue, talk to a doctor or staff from SATA.