

# 10 TIPS FOR Anger Management

1. Think of 2 things you are grateful for. Focus on them until you feel less angry.
2. Slowly count to 10. This puts space between the triggering situation and your reaction to it; it's best not to react impulsively.
3. Try to identify other emotions you feel. Knowing how you feel underneath the anger can help you communicate and respond in a better way.
4. Practice relaxation. (For ideas, download our guide called: "How to Relax")
5. Think about a peaceful place you've visited. Imagine you are there right now.
6. If possible, talk to the person you are angry with in a calm and constructive way.
7. Write down your thoughts and feelings.
8. Give yourself a pep talk in your mind to help soothe your negative thoughts.
9. Identify possible solutions to the problem.

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## TOP TIP

10. Walk away from the situation. Learning to walk away is essential to anger management!