



# ANGER MANAGEMENT

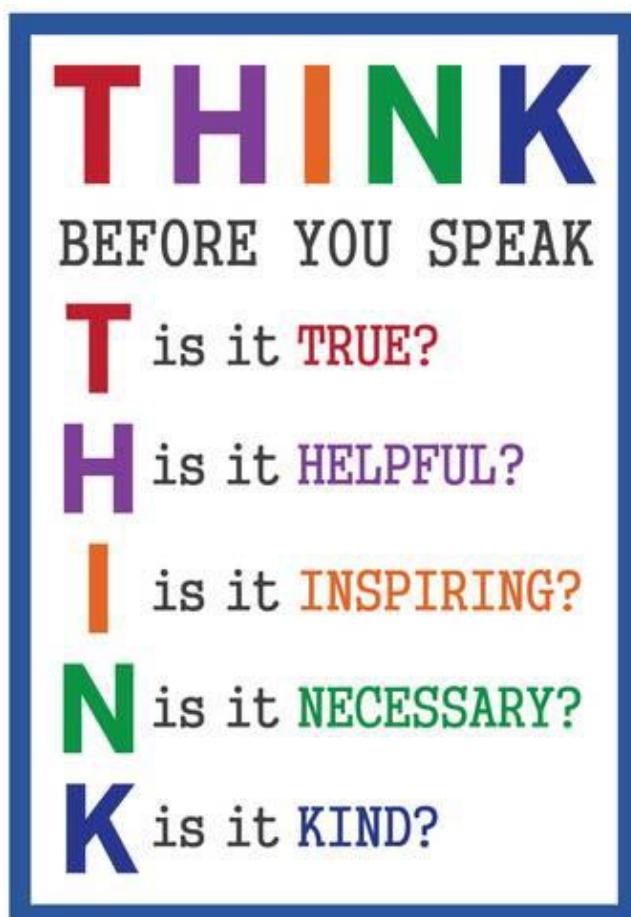


10 tips to tame  
your temper

## I. 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 — and allow others involved in the situation to do the same.



## 2. Once you're calm, express your anger

As soon as you're thinking clearly, express your frustration in an assertive but non-confrontational 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

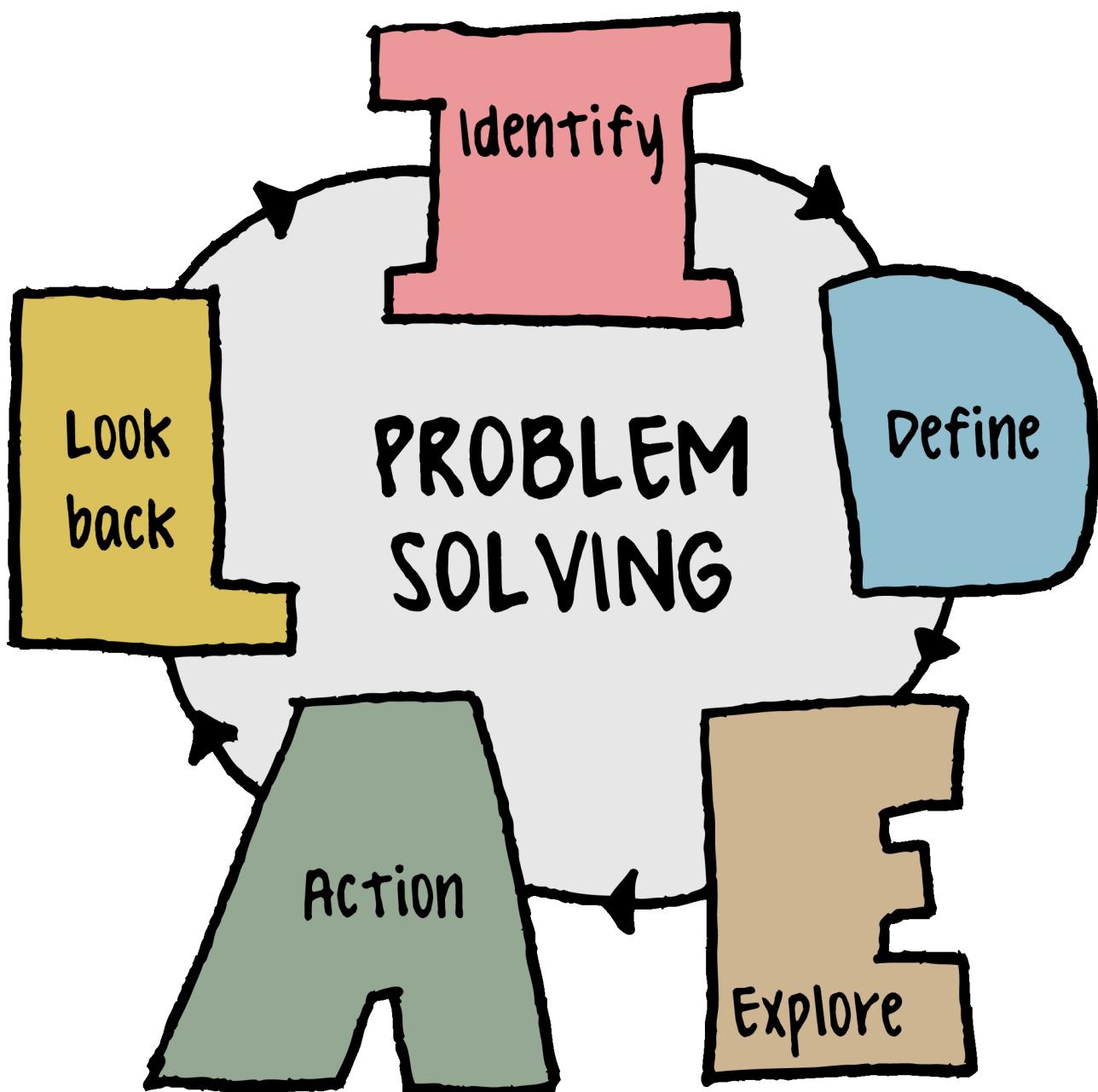
If you feel stressed give yourself a short break.

A few moments of quiet time might help you feel more able to handle what's ahead without getting irritated or angry.



## 5. Identify possible solutions

Instead of focusing on what made you mad, work on resolving the issues by finding solutions.



## 6. Stick with 'I' statements

To avoid criticizing or placing blame — which might only increase tension — use “I” statements to describe the problem.

Be respectful and specific. For example, say, “I am upset that you called me stupid and thick” instead of “You are a f\*\*\*king dickhead”



## 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.

But if you can forgive someone who angered you, you might both learn from the situation.

It's unrealistic to expect everyone to behave exactly as you want at all times.

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## 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.

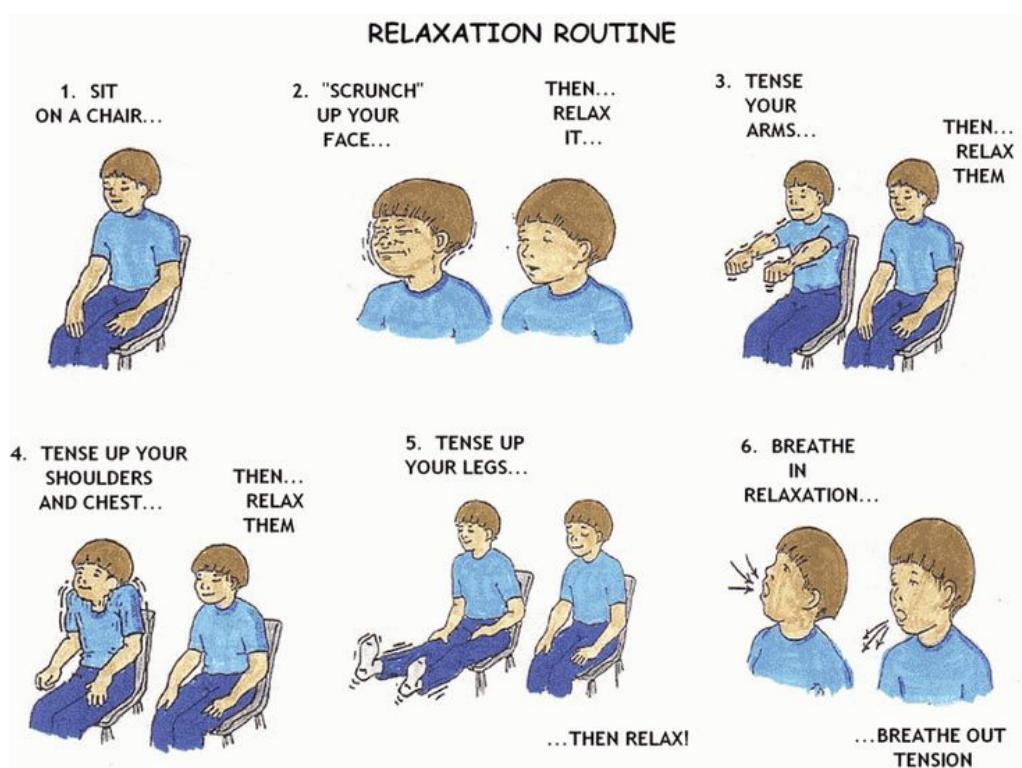


## 9. Practice relaxation skills

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.



## 10. Know when to seek help

Learning to control anger is a challenge for everyone at times.

Consider seeking help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.



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We offer opportunities and activities to engage young people and communities. All our activities are designed to enable young people to grow and become positive caring citizens and the communities they live in can be better places to be in.

Above and Beyond also offers adults and organisations training to enhance and develop their work with young people and communities

We also offer project management and consultancy services to organisations looking for solutions to community issues, project challenges and problems.

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