

COVER
STORY

ANGER MANAGEMENT

The human body gives you early warning of an anger attack. Reading warning signs can help you take steps to manage your anger.

Early warning signs

- Faster heart beat
- Churning stomach
- Tension, irritability
- Facial flushing
- Tense shoulders
- Clenching jaw and hands
- Sweating.

3 simple anger management ideas**IDENTIFY CAUSE OF ANGER**

The first step to managing anger is to notice early warning signs. It's important to acknowledge that you're angry, even if it's just to yourself. For example, 'This is making me angry' or 'I can feel myself getting angry here'.

CALM DOWN

Once you identify early onset of anger, here are a few suggestions to calm down:

- Slow your breathing. Breathe in for two seconds and breathe out for four. Do this a few times until your heart beat slows down.
- Distract yourself with a soothing activity like listening to music, reading a magazine or just looking out of the window.



- Go for a run or walk outdoors.
- Take a warm shower.
- Talk to a friend.

REFLECT ON THE SITUATION

It's advisable to reflect on what pushed you over the edge and learn from the experience. Ask yourself:

- 'How important is this? Why am I so upset about it?'
- 'How do I want to resolve this situation?'
- 'Do I need to act on this, or just let it go?'

Source: <https://raisingchildren.net.au/>