STOP!
This means YOU.

Feeling Angry?

Learn Ways to Deal with ANGER

Feeling **Angry** is a normal reaction to things beyond your control or it can mean you're under too much stress.

It's important to know the difference between feeling angry sometimes or all the time. Feeling angry sometimes is normal & healthy. Feeling angry all the time can lead to loneliness, depression & cause serious physical health problems.

Managing Anger

- **Look for a real solution** instead of revenge.
- **Avoid attacking & blaming.** Focus on the behaviour that triggered your anger, not the person.
- **Express feelings & needs using "I" statements.** "I feel angry when _____ (what happened) because _____ (why it upset you) & I would like _____(a solution to the problem)".
- **Avoid "you" statements** as they make people defensive. "You always tell me what to do", "You never listen to me".
- **Use physical activity & relaxation techniques.** Walking, yoga, deep breathing, counting to 10, journal writing, etc.
- **Stand up for yourself** when you feel something isn't fair.
- **Walk away** or give yourself a "time out" but don't give the silent treatment.
- **Control your reaction.** Be aware of the power of body language. Use a firm, calm voice with your normal tone. Make eye contact & keep a good amount of space (arm length).

• It's healthy to say what makes you **Angry.**

• It's **OK** to feel angry as long as you don't hurt yourself, others, or property.

• Bottled up anger can become explosive & hurt others. Violent anger is **NEVER OK.**

Coping with Anger can be Tough! How Do You Deal with Anger?

Do you need more help? Contact your local
Mental Health & Addiction Services Office.
Mental Health Crisis Line   1-888-737-4668
NL Health Line   1-888-709-2929

Western Health