



# 6 Tips for Dealing With Anger

Anger is a common yet challenging emotion. If we ignore anger and don't do anything to manage it, we might have a hard time communicating in a kind, calm way.

When you think of an "angry" person, you might picture someone yelling or taking out their emotions on others. But there are a lot of different ways to cope with anger, and to feel better without hurting others' feelings. Here are 6 things you can do when you feel angry:

- 1. Ask yourself: what is the best solution?** Think about the easiest thing you can do to [resolve the argument or situation](#) that you're angry about. If you act on your anger in a way that is upsetting to others - like having an aggressive outburst - the situation will probably get worse, not better. Instead, brainstorm ways you can work together to address the problem. If you are calm and respectful, others will be a lot more likely to listen to you than if you are hostile!
- 2. Do a [deep breathing exercise](#).** When you're angry, you might notice that your breathing becomes faster. Taking slow, deep breaths can help your mind and body relax. Make sure to breathe from your belly, not your chest. Try the 4-7-8 exercise below:
  - Inhale through your nose for 4 seconds.
  - Hold your breath for 7 seconds.
  - Exhale through your mouth for 8 seconds.
  - Repeat these steps as many times as you need.

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3. **Think about the reason behind your anger.** Sometimes, we get angry when we are hurt, embarrassed, or anxious. Is there anything you're feeling nervous or upset about that could be the source of your anger? Acknowledging these emotions can be a helpful first step. That way, you can get to the root of your anger and address any deeper emotions that may be causing it.

4. **Exercise regularly.** Staying active gives you an outlet for your frustration and improves your overall mood. When you're having a hard time controlling your anger, going for a walk or finding a form of activity that works for your body can help you feel better. Exercising regularly, even when you're not angry, will make it easier for you to regulate your emotions.

5. **Give yourself a break.** If you feel so angry that you're unable to communicate in a kind way, take a quick breather and leave the situation. You can do this by going to a private place and giving yourself a few minutes to cool down.

6. **Talk to a trusted adult.** Anger can be a difficult emotion to deal with, and you don't have to do it alone. If you're struggling, talk to an adult you trust about your frustrations. This could be a parent, teacher, or school counsellor. They can work together with you as a team and help you practice strategies to manage anger.

Finally, remember to be kind to yourself. There's no need to look down on yourself for feeling angry. Instead, acknowledge your emotions and try to understand them. When you're frustrated, it might help to give yourself a few moments of alone time, practice deep breathing, and think about what you can do to resolve the situation. Staying physically active and talking to someone about your feelings can help you manage anger in the long-term.