

MANAGING ANGER

Whether at home or at work, try these tips to manage strong feelings of anger and help you communicate more effectively.

6 TIPS TO MANAGE ANGER



Pause and Cool Off

When in the middle of a heated discussion, take a moment to clear your head and reset. Try breathing techniques, like meditation, or going on a quick walk.



Schedule for Later

Plan to continue the discussion at a future time when tensions have settled down. Avoid discussing the issue when one of you is rushed or distracted.



Write it Down

Try keeping a journal. It will help you organize your thoughts to have a calm and respectful conversation moving forward.



Try Active Listening

Give the other person your full attention and ignore distractions like your phone. Show that you are actively engaged by acknowledging their concerns or feedback.



Use "I" Statements

Try using 'I' statements to describe how you feel about a problem to avoid finger-pointing and placing blame. For example, "I feel angry when..."



Find Support

Still need support managing your anger? Connect with a psychological health care provider to learn more about resources and treatment options. Visit health.mil/RealWarriors for additional tips.

WANT TO LEARN MORE?

Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 at 866-966-1020 or health.mil/PHRC.

Military Crisis Line

In the U.S., dial 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net.

VA's Make the Connection

Visit maketheconnection.net to hear stories of recovery from Veterans who overcame anger and irritability.

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REAL STRENGTH