

# 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](https://health.mil/RealWarriors) for additional tips.

## WANT TO LEARN MORE?

### Psychological Health Resource Center

Get/Chat with a health resource consultant 24/7 at 866-966-1020 or [health.mil/PHRC](https://health.mil/PHRC).

### Military Crisis Line

In the U.S., dial 988 then press 1 or text 838255. For OIGOVUS calling options and online chat accessible from anywhere in the world, visit [militarycrisisline.net](https://militarycrisisline.net).

### VA's Make the Connection

Visit [maketheconnection.net](https://maketheconnection.net) to hear stories of recovery from Veterans who overcome anger and irritability.

### Connect with Us on Social Media

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REAL WARRIORS + REAL BATTLES  
**REAL STRENGTH**

# Managing Anger Manual

**Katrin Zwirglmaier**



## **Managing Anger Manual:**

## Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Managing Anger Manual**

In some sort of inundated with displays and the cacophony of fast conversation, the profound power and emotional resonance of verbal art usually diminish in to obscurity, eclipsed by the continuous barrage of sound and distractions. Yet, nestled within the lyrical pages of **Managing Anger Manual**, a charming work of fictional brilliance that pulses with fresh emotions, lies an remarkable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that exciting opus guides viewers on an emotional odyssey, lightly exposing the latent potential and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is main styles, dissect their charming writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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