

Anger Management Tips

Color Scanning

1. Scan your environment from left to right, noticing all the instances of red.
2. Do the same, noticing all the instances of orange.
3. Repeat for all the colors of the rainbow: Red, orange, yellow, green, blue, and purple. Try to notice all the smallest instances of color.

Exercise

Not only does stepping away from a situation to go for a quick walk prevent it from escalating, exercise can reduce angry moods. One study found that it is effective at reducing angry moods and preventing people from getting as angry in the near future.

Distract Yourself

Try to find an entirely new and interesting activity to focus on. If you need to, even taking a few minutes to scroll on your phone while your anger leaves you can help prevent you from lashing out in your anger.

Progressive Muscle Relaxation

Focus on one muscle group. Slowly tense the muscles in that area as much as you can, holding the tension for a few seconds. Then, release the tension, allowing the muscles to relax fully. Notice the difference between tension and relaxation. Move on to the next muscle group, working your way through your body.

Box Breathing

1. Inhale deeply through your nose for a count of four seconds.
2. Hold your breath for another count of four seconds.
3. Slowly exhale through your mouth for a count of four seconds.
4. Hold your breath again for four seconds.
5. Repeat this pattern.

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