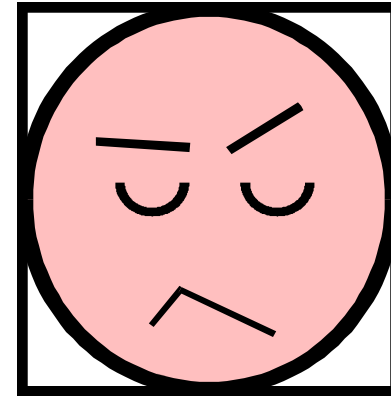
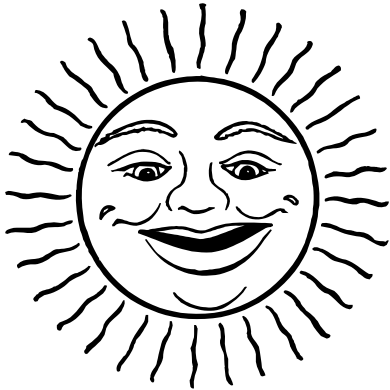


- Acknowledging and dealing with your anger in a constructive way will enhance relationships, allow greater intimacy, and enhance self-esteem.
- Seek professional help, if needed. The University Counseling, Testing and Career Center offers personal counseling and/or a variety of workshops on coping with anger and stress.

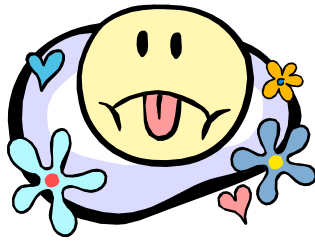


Counseling, Testing and Career Center

Presents

Tips for Anger Management

The University of Akron
Counseling, Testing and Career Center
Hezzleton E. Simmons Hall, Room 306
330-972-7082
www.uakron.edu/counseling



- It is O.K. to be angry! Anger is a natural human reaction to offending stimuli.
 - Anger can come from powerlessness and threat, overreactions to past, mischief, or even good intentions of others.
 - Under reactions to anger, such as denial of feeling angry and acknowledging anger inside but smiling outwardly, can cause explosion of anger later.
 - Indirect expression of anger, such as icy coldness, sarcasm, passive-aggressiveness, or directing anger at an inappropriate person or thing, is usually destructive.
 - Overreactions to anger, such as screaming, hitting, kicking, and assaulting behaviors often frighten others and distance them from the person who act out.
- Recognizing anger is the first step in dealing with anger in a constructive way. Everyone experiences anger differently through feeling hurt, physiological reactions (e.g., increased blood pressure, heart rate, tension in neck and shoulders, stomachaches or headaches), or behavioral signs (e.g., sulking, being more critical, crying, or driving fast).
 - After you recognize your anger, give yourself some time to calm down and process what's happening before you express your anger.
 - It is important to communicate your anger directly to the other person. During the conversation, deal with one topic at a time and stick to the topic. Your statements need to be specific, simple and clear.
 - Sports, walking, exercising, and tensing and relaxing muscles will help you release your anger.

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