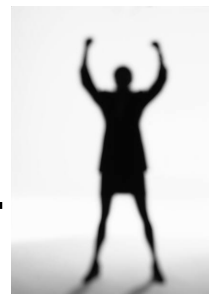


# ANGER



When we experience any type of disaster it can take a toll on us physically, mentally and emotionally. As we learn to adapt to the Coronavirus disaster, it's important to find ways to keep our life as balanced as possible. One of the emotions that we may be feeling during this time is anger.

Anger is defined as a strong feeling of displeasure or hostility (The American Heritage College Dictionary)

## Symptoms of Anger:

- Muscles Tense
- Blood Pressure Rises
- Heart Beats Faster
- Blood Flows Faster

## Causes of Anger:

- Frustration
- Irritability
- Disappointment
- Harassment
- Hurt
- Threats
- Lack of Control
- Unexpected Outcomes

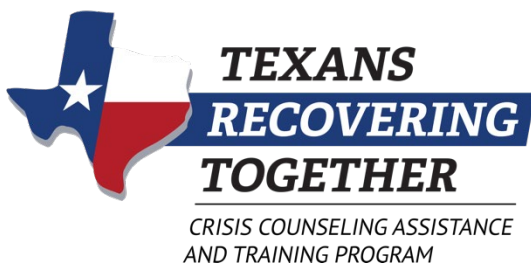
## Anger Leads To:

- Health Problems
- Tension at Work and Home
- Accidents and Distractions
- Relationship Problems

## Strategies to Overcome Anger:

*It is important to know about anger, because the way we express anger can be both helpful and harmful.*

- Talk about what makes you angry or upset
- Remind yourself that getting angry won't **fix** anything. Think positively will help
- Learn how to breathe deeply from your diaphragm instead of your chest.
- Establish appropriate communication skills. Listen first and take your time before answering. Think before you react negatively.



*If you'd like one of our outreach staff to help, we're here for you:*

- (254) 297-7017
- Toll free (866) 576-1101