WHAT IS ANGER?

Anger is a normal emotion. Anger is a feeling that comes from being hurt or feeling pain. Sad feelings often turn into mad feelings. This makes us angry. Feeling angry is ok. It’s how you deal with it that’s important.

You may need to learn better ways to deal with your anger if you are acting these ways:

- Screaming or yelling
- Hitting someone or something
- Cursing or name-calling
- Getting even
- Purposely hurting someone you love (friend, family member, pet)
- Refusing to speak or ignoring someone
- Hurting yourself (like using drugs, smoking, overeating)

For additional information, contact:

www.ChildrensHealthFund.org

© 2009, updated 2021. The Children’s Health Fund
May be reproduced in entirety.
**Better ways to deal with Anger**

The key to controlling your anger is to understand what causes it. Remember, YOU control your anger, your anger DOESN’T control you.

**HERE ARE SOME WAYS TO DEAL WITH YOUR ANGER**

- Talk to the person who made you feel angry, or a friend. Explain your feeling in a calm manner. If talking is too difficult, try writing your feelings down on paper.
- Try to avoid situations or people that make you angry. Walk away before it gets the best of you.
- Turn your anger around by telling a joke. By laughing, you can reduce your angry feelings.
- Do some form of exercise like walking, running, playing sports.
- Try to relax—find a quiet place and listen to music.
- Think about what may happen if your anger gets out of control. Stop for a moment—before you react, consider that you may end up doing something you regret. Your actions may hurt someone, or cause you to get into trouble.
- Try the following exercise: Letting go of anger when the angry feeling begins, focus on something positive. (Look at a picture on the wall, or the clouds outside). Take slow, deep breaths in through your nose and out through your mouth. For some people, imagining that you are in a happy place helps take your focus off your anger.
- You make the choices about how you deal with anger. If you feel unable to control your anger, there are people who may be able to help you. Speak to your parent, friend, teacher, guidance counselor or an adult whom you know. They may help you see that there are solutions. Remember, letting out your anger is good—if you do it the right way!