



# Managing Anger

Anger is a normal emotion and can be a reaction to events in our lives. We can feel angry about events and ask the question, “Why is this happening to me?” Anger can be a reaction to experiencing a loss, dealing with a transition, or dealing with issues related to an illness or injury. Anger can include many feelings such as irritability and rage. When anger is intense and expressed inappropriately, it can have negative consequences and cause problems in our daily lives including problems at work and in our relationships and can also affect our health. Uncontrolled anger can result in emotional, physiological, and biological changes including changes in heart rate, breathing rate and hormone levels. Employing healthy anger management outlets can help reduce stress and contribute to faster and improved recovery from illness or injury. Below are some tips and strategies for managing your anger:

Tips	Strategies
<b>Use Relaxation and Stress Reduction Techniques</b>	Relaxation and stress reduction techniques can help us lower our heart and breathing rate and help prevent an angry outburst or help to calm us after an intense emotional reaction. Try the following to help yourself relax: practice deep diaphragmatic breathing; try a class in meditation or yoga; develop a “mantra” or calming phrase and repeat to yourself while practicing deep breathing; use the power of imagery to take you to a place or experience that relaxes and calms you while practicing deep breathing; stretch or meditate while practicing deep breathing.
<b>Understand the Reason Why You Are Angry</b>	Many times the immediate situation is not the true cause of our anger. Identifying the root cause of our anger can help us deal with underlying problems and prevent misguided anger.
<b>Know Your Anger Triggers</b>	Understanding the types of situations that lead us to become angry can help us better manage our anger and avoid explosive situations. Write down the things you think trigger your anger so you can develop an understanding of what sets you off and plan how to address these triggers.
<b>Develop Healthful Outlets for Dealing with Anger and Intense Feelings</b>	Developing healthful outlets for coping with our anger can prevent explosive and intense reactions and help calm us down. Exercising, finding a distraction, socializing, practicing a hobby that you enjoy, talking to a friend, and using humor are some possible healthful outlets for anger.
<b>Seek Help</b>	Sometimes we may need support from others to effectively manage our anger. Counseling or anger management can help us understand why we are angry and how to deal with this anger appropriately. Seek help from your medical provider or a counselor if you experience physical violence towards others or yourself or problems at work, with colleagues /clients, or family/friends because of your anger. Also seek help if you experience any of the following: Inability to sleep or sleeping all the time; withdrawing from friends, family and/or society; increased alcohol use; acting recklessly or engaging in risky activities; rage or seeking revenge; anxiety or agitation; dramatic changes in mood; no reason for living (no sense of purpose in life); feeling trapped; feeling as though there is no way out; hopelessness.



## Resources

### Military Crisis Line

The Military Crisis Line is a free and confidential resource hotline and crisis line for service members and veterans as well as their family members and friends. Support is provided by the VA and many of the hotline responders are veterans. Live, confidential support is available regardless of where you are stationed:

Call the **Military Crisis Line** at 1-800-273-8255 and press 1, text 838255 or chat live online at <http://www.veteranscrisisline.net/ActiveDuty.aspx>.

### Military OneSource

Military OneSource provides non-medical counseling services for short-term issues and many other resources. Those who qualify have a variety of counseling options including face-to-face counseling, telephone counseling, online counseling and other health and wellness resources. For additional resources, contact **Military OneSource** at 1-800-342-9647.

### Marine Corps DStressline

Marines, Attached Sailors, and Families can access professional, anonymous behavioral health counseling via phone at 1-877-476-7734 or live chat at <http://www.dstressline.com/>. The line is staffed with veteran Marines, former FMF corpsmen, Marine Corps family members, and licensed clinicians with specific training in Marine Corps culture to better meet your needs.

### Local Navy and Marine Corps Resources

The Navy Fleet and Family Services offers Fleet and Family Support Centers that can assist you during times of transition including career and other life changes and provide individual and family counseling resources. Contact your local Fleet and Family Support Center for assistance or additional resources as well as for information on how to access a Military Family Life Consultant. The Military and Family Life Consultant Program (MFLCP) can provide assistance with and counseling for short-term, non-medical issues including helping services members and families cope with stress-related issues. Counseling can be provided for individuals, couples and families. Your local Marine Corps Counseling Center can provide information and counseling resources in the areas of rest and relaxation as well as stress and anger management. Contact your local center for more information. Mental and behavioral health resources are available at your local medical treatment facility (MTF). Contact your regional Tricare office for assistance in locating your local MTF for more information.