



## **Managing Anger**

Anger is a common emotion and can be a reaction to events in our lives. This may cause us to ask the question, “Why is this happening to me?” It can be a reaction to experiencing loss, dealing with transition, or issues related to a wound, 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 personal and professional relationships, and also affect your 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 tactics 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
Use Relaxation and Stress Reduction Techniques	These can help lower heart and breathing rate, and help prevent an angry outburst or calm you after an intense emotional reaction. Try the following: deep diaphragmatic breathing; a class in meditation or yoga; develop a “mantra” or calming phrase and repeat it to yourself; use the power of imagery to visualize a place or experience that calms you; stretch or meditate. Combining these with deep breathing can be helpful.
Understand the Reason Why You Are Angry	Many times the immediate situation is not the true cause of anger. Identifying the root cause can help you deal with underlying problems and prevent misguided anger.
Know Your Anger Triggers and Write Them Down	Understanding the types of situations that may cause anger can help you better manage anger and avoid explosive situations by knowing what sets you off and how to address or avoid these triggers.
Develop Healthful Outlets for Dealing with Anger and Intense Feelings	Developing healthful outlets for coping with your anger can prevent explosive and intense reactions and help bring calmness. Exercising, finding a distraction, socializing, practicing a hobby that you enjoy, talking to a friend, and using humor are possible healthful outlets.
Seek Help and Support from Others Through Counseling or Anger Management	This can help you understand your anger and how to deal with it appropriately. Seek help if you experience physical violence towards others or yourself, problems at work, or with colleagues/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); or hopelessness.



## Resources

### Military Crisis Line

Description: 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.

Website: <http://www.veteranscrisisline.net/ActiveDuty.aspx> for information and live chat

Contact Information: Call the Military Crisis Line at 1-800-273-8255 and press 1, text 838255

### Military OneSource

Description: 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.

Website: <http://www.militaryonesource.mil/non-medical-counseling>

Contact Information: 1-800-342-9647

### Marine Corps DStressline

Description: Marines, Attached Sailors, and Families can access professional, anonymous behavioral health counseling via phone or live chat. 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.

Website: <http://www.dstressline.com/> for live chat

Contact Information: 1-877-476-7734

### Local 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 more information.