

# MANAGING ANGER

Anger is a natural response to fear or danger. It causes the release of adrenaline in your body, your muscles tighten, and your heart rate and blood pressure increase.

It is a common healthy emotion that we all experience at times. Anger can often mask other emotions such as sadness or fear. Know what triggers your anger. Here are some tips on how to control your emotions:

## VISUALISE

Focus on your 'happy place' and imagine all your anger fading away as you take a deep breath.

## THINK

Ask yourself why you feel angry and take a few moments to calm down.

## BREATHE

Take deep breaths and try counting to 10 or even 20 to help you calm down.

## TALK

Talk to another person and listen to their perspective on the issue.

## EXERCISE

Try yoga, a run or a brisk walk outside as exercise releases happy hormones (endorphins).

## WALK AWAY

It's always a good idea to get away from what or who is making you angry.



**RELAX THE RAGE**

# Managing Anger

**Zhe Xu**



## **Managing Anger:**

## **Managing Anger** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Managing Anger**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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