



ANGER / IRRITABILITY

When you feel angry it affects your mind and body;for example, it raises your blood pressure and pulse rate and makes it more difficult for you to tackle the problem.

Things can do to control anger:

- Recognise your anger by paying attention to physical signs such as tensed muscles and emotional signs such as feelings of irritability and frustration.
- Try to calm down before feelings of anger exaggerate into verbal or physical acts of violence by counting numbers from 1 to 10.
- You can calm down by expressing the reasons for anger to a close friend or relative, or by relaxing alone till anger subsides.
- Listen to a soft music/read something that will make you relax.
- In case of fights, leave the place and come back when you are calm and talk about it.
- Breathing technique may help you to calm down before you become very angry and lash out at people.