

Anger is a completely normal, usually healthy, emotion. But, when it gets out of control and turns destructive, it can lead to problems at work, in your personal relationships and in the overall quality of your life.

It is best to figure out what triggers your anger and then develop coping strategies to keep your anger at bay. Below are five (5) ways to cope with anger:

1 – Relaxation Techniques – Breathe deeply, use imagery, or repeat a calm word to yourself – these can relax your muscles and make you feel much better.

2 – Change the Way You Think – Angry people tend to swear, or speak vividly to reflect their inner thoughts. When you're angry, try replacing these thoughts with more rational ones. For example, instead of telling yourself *"it's terrible and everything is ruined"*, tell yourself *"it's understandable why I'm upset, but it's not the end of the world and becoming angry will not solve it"*.

3 – Problem Solving – Not all anger is misplaced, and it can be a healthy response to difficulties. Try not to focus on finding the solution, but on how you handle the problem. Make a plan and follow your progress. If you approach it with your best intentions, you will be less likely to lose your patience and fall in to all-or-nothing thinking.

4 – Better Communication - If you are in a heated discussion, slow down and think through your responses. Think carefully about what you will say, listen carefully to what the other person says, and take time before answering.

5 – Changing Your Environment – Sometimes it's our immediate surrounding that can cause us irritation and fury. Give yourself a break. Make sure you make time for yourself during the day, particularly at times that you know are most stressful...

For more tips about Anger Management, or to speak with a counselor about other work/life concerns, contact National EAP at [1-800-624-2593](tel:1-800-624-2593). Your **Confidential** Member Assistance Program is provided at **NO COST** to you and your family through IBEW Local 25.