

MANAGING ANGER

Whether at home or at work, try these tips to manage strong feelings of anger and help you communicate more effectively.

6 TIPS TO MANAGE ANGER



Pause and Cool Off

When in the middle of a heated discussion, take a moment to clear your head and reset. Try breathing techniques, like meditation, or going on a quick walk.



Schedule for Later

Plan to continue the discussion at a future time when tensions have settled down. Avoid discussing the issue when one of you is rushed or distracted.



Write it Down

Try keeping a journal. It will help you organize your thoughts to have a calm and respectful conversation moving forward.



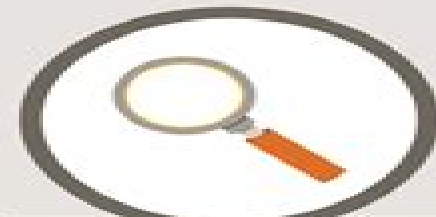
Try Active Listening

Give the other person your full attention and ignore distractions like your phone. Show that you are actively engaged by acknowledging their concerns or feedback.



Use "I" Statements

Try using "I" statements to describe how you feel about a problem to avoid finger-pointing and placing blame. For example, "I feel angry when...."



Find Support

Still need support managing your anger? Connect with a psychological health care provider to learn more about resources and treatment options. Visit health.mil/RealWarriors for additional tips.

WANT TO LEARN MORE?

Psychological Health Resource Center

GetChat with a health resource consultant 24/7 at 855-965-1020 or health.mil/PHRC.

Military Crisis Line

In the U.S., dial 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net.

VA's Make the Connection

Visit maketheconnection.net to hear stories of recovery from Veterans who overcome anger and irritability.

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Managing Anger Manual

Michal Rosen-Zvi



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Table of Contents Managing Anger Manual

1. Understanding the eBook Managing Anger Manual
 - The Rise of Digital Reading Managing Anger Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Managing Anger Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Managing Anger Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Managing Anger Manual
 - Personalized Recommendations
 - Managing Anger Manual User Reviews and Ratings
 - Managing Anger Manual and Bestseller Lists

5. Accessing Managing Anger Manual Free and Paid eBooks
 - Managing Anger Manual Public Domain eBooks
 - Managing Anger Manual eBook Subscription Services
 - Managing Anger Manual Budget-Friendly Options
6. Navigating Managing Anger Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Managing Anger Manual Compatibility with Devices
 - Managing Anger Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Managing Anger Manual
 - Highlighting and Note-Taking Managing Anger Manual
 - Interactive Elements Managing Anger Manual
8. Staying Engaged with Managing Anger Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Managing Anger Manual
9. Balancing eBooks and Physical Books Managing Anger Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Managing Anger Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Managing Anger Manual
 - Setting Reading Goals Managing Anger Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Managing Anger Manual
 - Fact-Checking eBook Content of Managing Anger Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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