

EAP Tips – ANGER steps in! Manage it before it gets the best of you

Anger is one of the core human emotions. It has its purpose while could possibly cost us physically, psychologically and socially. Therefore, learning how to manage it effectively can benefit yourself and others.

Buy time to react

- Delay your reactions is helpful to reduce unnecessary actions from rage.
- Take a deep breath. Count 1 to 10.
- Remove yourself from the situation to chill out.



Reprint of the article is welcome,
but please state the source.

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All information will be kept in **STRICT confidence**.

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Observe

- Pay attention to your physical sensations such as rapid heartbeat, flushed face, clenched fist, etc.
- Close your eyes and say to yourself “calm down and relax” to let off some steam.

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Left brain kicks in

- Give yourself time to identify the triggers for your anger reaction and make sense of your emotional needs.
- Expand your perceptions and perspectives to figure out a solution.



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Master with high EQ

- Use “I” statements to express your feelings.
- Make requests but not threats.

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