



08 TIPS TO ANGER MANAGEMENT

THESE ANGER MANAGEMENT TIPS WILL HELP YOU TO CALM YOUR ANGER AND YOU CAN USE THESE ANGER MANAGEMENT TIPS EVERYDAY

TIP : 1

Take A Deep Breath and Count To 10

If feel angry then take a deep breath and count 1 to 10 and then repeat same until you feel calm.

TIP : 2

Think before you speak

When Movements heat then Take a few moments to collect your thoughts before say something.

TIP : 3

Relax Your Muscles

When you get angry your muscles are active so calm down your body muscles one by one it will help you to regain your calmness.

TIP : 4

Listen Some Music

Your favourite music can help you to get calm down and let your heartbeat balanced.

TIP : 5

Do Instant Exercise

If you feel your anger escalating, go for a walk or do some enjoyable physical activities.

TIP : 6

Don't Hold a Grudge

Use Forgiveness, we all get angry when someone does not obey us. but we all are humans and we make mistakes.

TIP : 7

Use Humor To Be Happy

When you feel angry about something. Imagine the same thing with funny elements, you'll start smiling and you'll be happy instantly.

TIP : 8

Know when to seek help

Controlling Anger On Your Own can be challenging for you. Taking help from Counsellors is the best option. A Counsellor can help you to manage your anger instantly.

