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MINDFULNESS MATTERS TIP SHEET

Tips for Coping with Anger

- 1. Take a moment to recognize your anger/frustration.** Admit to yourself—in a nonjudgmental way as possible—what you are feeling. *What signs do you experience in your body and mind that indicate you are angry/frustrated?*
- 2. Pause.** Give yourself time and space to calm down and distance yourself from the anger/frustration, rather than immediately reacting. You also might consider changing your physical surroundings.
- 3. Give yourself an outlet for your energy/tension.** Mindfulness activities and exercise can be forms of pausing, to help dissipate the intense energy that can accompany angry/frustration. *What activities work for you to decompress/rebalance when you are feeling intense feelings?*
- 4. Don't avoid the issue.** When you keep your feelings bottled up, they can end up controlling you and showing up/interfering in other situations. So, allow yourself time to vent. Consider talking with a trusted neutral friend or journaling. *What helps you to work through your feelings?*
- 5. Build in compassion.** As you deal with your anger/frustration, endeavor to make room for generosity towards yourself and others. It might aid you in avoiding getting caught up in the blame and fault-finding that can accompany these intense feelings.
- 6. Identify your fears.** *What fears has your anger/frustration brought up?*
- 7. Examine your options.** Consider the different ways you could respond to the situation that triggered the anger/frustration and potential outcomes for each.
- 8. Decide how you will respond.** Among the options considered, *which response would be most positive for you and others over the long term? What response will help you solve the problem rather than simply win?*
- 9. Work to avoid responding/communicating about your feelings in ways that are insulting to or dismissive of another** or that puts another on the defensive.
- 10. Avoid displacing your anger/frustration.** All of us have at one time or another taken our anger/frustration out on the wrong persons or brought them in into unrelated circumstances. The above tips can help you avoid finding yourself in this situation. However, if you react inappropriately, apologize and do what you can to rectify the situation.

If you feel like you can't get your anger/frustration under control, seek out extra support. We all need help at times. Contact the Mindful Counseling Center for assistance.

The article adapted from the handout, [Ways to Handle Your Anger](#) (thanks to Michele Kramer for sharing it with us), and [Dealing with Anger and Frustration](#) | Mental Health America (mhanational.org).

Mindful Counseling Center LLC

609-377-5859 . mindfulcounselingcenter@gmail.com . www.mindful-counseling-center.com