

## Anger Management



ANGER CONTROL IN THREE EASY STEPS We all feel angry at some time in our lives, and anger is a very necessary emotion but it is important to keep control of anger, and not let it take control over us. When we become angry we often behave irrationally and this can be extremely damaging for us and those around us. Anger control is therefore very important and there are four easy steps which you can use to help you. The first step for anger control is to stop, take a deep breath and count to ten. You've probably been told that lots of times in your life, maybe as you were growing up, and not really thought about it as anger management, but it is one of the most effective and simple methods of anger control and it really works. By breathing deeply from the diaphragm you are already practicing a well known relaxation technique, and by counting to ten you are distancing yourself and your immediate reaction, and giving yourself time to calm down and think more rationally about the situation. The second step is to do something physical, go for a walk, hit a punch bag or do some vigorous dancing, anything to use up your pent up frustration and leave you feeling more relaxed. Last but not least in your quest for anger control, try to remember to change your sentences to I statements instead of you statements. Instead of accusing people with you didn't do this say something like I was upset because I wanted some help. This will hopefully start up a conversation and communication is important in order to stop misunderstandings and for everyone to know just what is upsetting and why the anger is there in the first place. By using these simple steps you can make your life and the life of the people around you much more harmonious.

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temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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