



## Becoming a Master of anger management

This might come as a surprise, but anger is not a bad emotion. Really. It's just an emotion. But it *is* true that there are healthy and unhealthy ways of dealing with it. Seeing as we all get angry sometimes, here are some strategies to help you handle it like a pro;

**Step 1** - Remember that feeling anger and expressing anger are two very different things. You might feel like it's impossible to control your anger, but it's not. Start by paying attention to your physical response - your heart might beat faster, you might be clenching your fists or tensing your shoulders. So do the opposite - take deep breaths and count to 10, relax your hands and shoulders or even take a walk. You should already be feeling more calm.

**Step 2** - Try to notice patterns - what are the situations that make you feel most angry? Is it when someone borrows your things without asking? Or when there's too many expectations on you? When you can recognise what triggers you, let people know and if you can, avoid those situations. If it's not possible, well, start practicing your deep breathing!

**Step 3** - Find healthier ways to channel your anger. Bullying and violence will take you down a dark path, but directing your energy towards building strong friendships, doing well in school or working on a hobby can open up opportunities you didn't realise you had. Remember that you get to choose the direction your life takes..!

**#STAND  
TOGETHER**