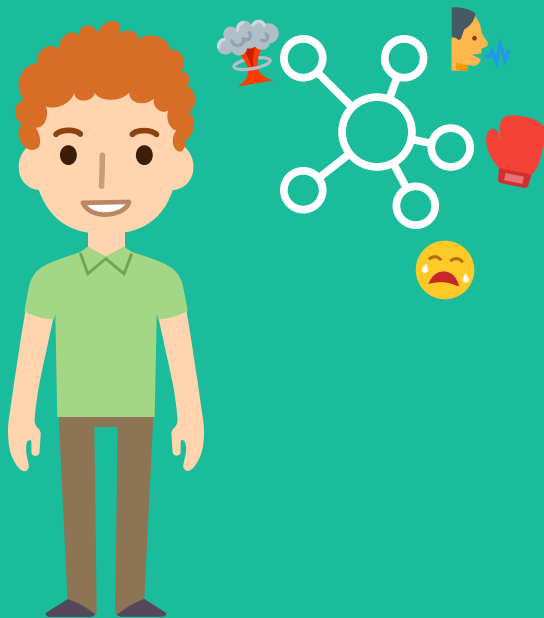


EVERYTHING YOU NEED TO KNOW

ABOUT Anger Management



Well-being Safety Assessments
www.well-beingsafetyassessments.com
573.451.2151



What is Anger?

Anger is a basic human emotion. It is connected to the "fight, flight or freeze" response. Anger doesn't have to be a bad thing. It can often motivate us toward a change in behavior.



When is treatment necessary for Anger?

Anger is out of control when it causes self-harm or develops into hostile, aggressive or violent behavior toward others. When anger begins to disrupt relationships with others, treatment may be warranted.



Anger/Violence Hotlines

Emergency Situations 911
Safehorizon 1-800-621-4673
National Domestic Violence Hotline 1-800-799-7233

Crisis Text Line : Text "CONNECT" to 741741
National Suicide Prevention Hotline 1-800-273-8255



Symptoms of Anger

Anger looks different for everybody but can include: Clenching of the jaw, increased heart rate, feeling hot, shaking or trembling, cursing, talking rapidly and being violent.



Steps to Managing Anger

Deep Breathing: By breathing deeply from your diaphragm and focusing on changing the angry thoughts into positive self-talk, anger can diminish. Avoiding alcohol/drugs and seeking support from others are also good ideas.



Resources

State Website and Hotline for Anger Issues
http://feminist.org/911/crisis_state.html
Prevent Child Abuse America
<http://preventchildabuse.org>
National Anger Management Association Directory
<https://nama.memberclicks.net>
Anger Management Student Classes (online)
www.well-beingsafetyassessments.com/wsa-classes