The on what made you angry focus on

Life, Relationships

The first thing you should do in any situation which may cause you to feel angry is to recognise the angry. If your raising your voice or your heart beat is getting faster or your muscles are tensing then remove your self from those situations. It is important that you can know when you get angry and what causes that anger.

When in situations which may cause you to get angry or frustrated with other people you should always remember to take a breath and think before you speak . when frustrated you should try to Make sure not to say anything offensive or anything that you might regret. Instead of opting to shout or display anger try taking a break before you do anything . Try to remember that other people have feelings too and it is important that you respect them. Don't take your anger out on anybody especially if they have done nothing wrong. Refrain from any physical response even touching the other person. Speak with words and express your anger though words instead of action but be careful with what you say. My second piece of advice is for you to separate yourself from the situation your in hand.

Try to go upstairs, go to your room or leave the current room of you feel that staying in that room will only increase your levels of stress or make you more likely to do something that you'll regret. A very good way to make sure situations don't escalate is to make humour out of the situation. Look for solutions like making a joke. Instead of focusing on what made you angry focus on ways to make sure you don't get angry again and so that the situation doesn't escalate. In addition it may help to look at the situation from a different perspective.

Ask your self questions like if your over reacting or what would you do if u were in there shoes. Prevent the question what would you do differently by doing it correctly the first time. The most important thing to remember is not to hold a grudge. Holding grudges will cloud your judgement and make you forget about positivity. If you hold grudges you will only damage relationships and it will cause you to get angry more often.

If you learn to forgive people u can learn from previous experiences and better understand how to handle difficult situations. When you get angry practice breathing exercises and imagine relaxing scene's. Try to temporarily disconnect from the situation. Managing anger in the long termOnce you can recognise that you're getting angry, and can calm yourself down, you can start looking at ways to control your anger more I'm the long term.

Try getting an activity that you can do from time to time. Exercise is a great way to get rid of angry in the long term. (Walking and meditation.) Along with exercise doing something creative may help reduce your stress levels.

Let go of angry thoughtsTry to let go of any unhelpful ways of thinking Thoughts such as It's not fair will only increase your stress levels. Finally acknowledging your angry in stressful situations Is key. Remind yourself that you need to slow down and think.

Don't do anything irrational and attempt to have a sensible conversation with the person your on bad terns with. If the conversation makes you more angry then it is OK to leave.