When anger is too much.

- Do you sometimes feel so mad you think you will explode? Do you feel like hurting yourself or someone else? If so, get help now.

Where can you get support?

- Talk about what is going on with a trusted friend, family member or commanding officer.
- Contact your medical provider, therapist or chaplain.
- You may be able to get help from a military family service or support center.
- Try counseling or an anger management program.

Anger can be a healthy expression of strong feelings. But if you have frequent outbursts, you can get help and you can learn to cope in a more positive way.

Anger can be a healthy emotion. But when it is out of control, it can create problems in your personal and professional relationships. This pamphlet offers tips if you have angry outbursts that scare you or your family, friends or co-workers.

How to Deal with Anger
Tips for Military Members and Military Families

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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HOW TO DEAL WITH ANGER: TIPS FOR MILITARY MEMBERS AND MILITARY FAMILIES

Everyone feels angry sometimes. You may feel additional pressures from combat, moving, deployment and other situations unique to military life. These events may make you frustrated and angry. Here are tips to help you deal with anger in a safe way.

**It’s OK to get angry.**
- Anger is a normal and healthy emotion.
- It can help you defend yourself in an unfair situation.
- Sometimes it motivates people or creates change.

But if anger is too intense or happens too often, you might need to take steps to deal with your emotions in healthier ways.

You may have a problem if your anger:
- Gets in the way of ordinary life.
- Alienates people or damages relationships.
- Turns into rage or explosive outbreaks.
- Is held in and not expressed.

**Understand the cause...**
- Anger can be caused by combat situations or memories of traumatic or life threatening events.
- Having a friend or relative die can cause anger as well as grief.
- It can be caused by internal struggles or worrying about personal problems.
- Even simple things like a rude person or a traffic jam can sometimes make us angry.

**Find healthy ways to express anger.**
- Healthy expressions of anger include:
  - **Talking.** Talk to the person you are angry with, or talk with a supportive person about your feelings.
  - **Writing.** Writing can help you vent your anger. You do not need to show it to anyone.
  - **Exercising.** This can help diffuse intense emotions.
- Avoid reacting with yelling, hitting or other out-of-control behaviors. Avoid drinking or taking drugs to deal with your feelings.

**Focus on your reaction.**
- You usually can’t control the person or event that made you angry. You can control your reaction.
- Control violent reactions (such as wanting to yell or hit someone).
- Walk away from it until you feel calmer.
- Treat others in the way you want to be treated.
- Agree to disagree. And leave it at that.

**Ignoring angry feelings is unhealthy too.**
- Hiding or holding in emotions can lead to:
  - Increased blood pressure.
  - Depression.
  - A bitter or hostile attitude.