

Physical Symptoms of Anger

One way to learn how to manage your anger is to recognize the physical signs as they occur. This gives you the chance to use different anger management tips when anger first starts.

Anger affects the gastrointestinal, cardiovascular, and musculoskeletal systems. Some signs include the following:

- Headache
- Stomachache
- Constipation
- Clenching of the jaw
- Grinding your teeth
- Rapid heartbeat
- Increased blood pressure
- Sweating especially on the palms
- Feeling warm or flushed especially around the face or neck
- Shakiness
- Dizziness

Your emotions also start to change when you start getting angry. You may start to feel

- Irritation
- Sad or depressed
- Resentful
- Guilty
- Anxious
- Like you want to lash out at someone
- Like you want to get away, to escape the situation

There may be other signs that can tip you off to an episode of anger.

- You begin to raise your voice
- You feel on the verge of crying
- You adopt a sarcastic tone
- You lose your sense of humor
- You start pacing back and forth
- You may want a drink or other substance to help relax you

While some of these signs may be subtle, you can learn to change your behavior if you are aware of the symptoms and signs of your anger before they happen.