

Relaxation Techniques to Stop Anger Outbursts

Relaxation techniques can help you manage your anger. Practice these techniques regularly to get the full benefit from them – successful use of relaxation techniques requires commitment.

Controlled Breathing

- Completely exhale through your mouth.
- Take a deep breath through your nose.
- Hold this breath for the count of five.
- Exhale completely again through your mouth.
- Repeat this cycle over and over until you calm down.

Progressive Muscle Relaxation

This takes practice, so keep trying! If you have a history of muscle problems or other physical issues, discuss with your doctor if it is a good idea for you to use progressive muscle relaxation.

- Take a few deep breaths. Close your eyes and focus on your body.
- Start at your feet and relax each muscle group one at a time until you relax your entire body. Tense the muscles as you inhale and relax as you exhale.
- Keep your mind on the muscle group you are working on; don't tense muscles other than the ones on which you are concentrating.

Visualization

- Imagine yourself in a peaceful, beautiful setting like a beach or on a mountain.
- Focus on relaxing in this environment in your mind and enjoying the peace.

Affirmations for Anger Management

You can use affirmations to remove negative thoughts that go along with anger. These are positive declarations that you repeat over and over again until you regain control.

Examples include:

- "I am in control."
- "I have the power to control my emotions."
- "I am not affected by the negative thoughts of others."

Massage or Stretching

- Massage the palm of each hand and every finger separately.
- Massage your own forehead, scalp, neck, and shoulders.
- Move your head from side to side or front to back to stretch your neck and shoulders.
- Roll your shoulders forward and backward several times.
- Bend at the waist from side to side.