

Lifestyle Changes to Avert Anger

Anger itself is neither good nor bad. However, learning to manage your anger is important to your health and to your relationships. You can make some changes in your life to try not to get so angry.

1. Exercise.

Exercise can be an outlet to help you manage your emotions. Exercise also stimulates the release of chemicals in your brain that may make you feel happier.

Exercise that might help:

- Take a brisk walk
- Do some yoga
- Practice some tai chi

2. Maintain balance in your life.

Make sure that you take time to relax as you fulfill your life work.

- Build downtime into your schedule.
- Stop doing things that use up all of your energy.
- Reconsider your errands.

3. Don't hold grudges.

Holding on to resentment only drowns out positive feelings. Learning to forgive when you get angry can help you manage your temper.

- Learn to accept what is.
- Don't dwell on slights.
- Learn to forgive.

4. Assess your spirituality.

It can help you stay grounded and calm in the face of stress.

- Prayer can have a calming effect and lessen negative feelings.
- Consider meditation to help change your mindset and how you react to different events.
- Yoga, moments of reflection, or long walks can all help with mindfulness and finding your center.

5. Include humor in your life.

A good laugh often breaks a tense situation and can help you deal with difficult situations.

6. Get help when you need it.

You may need to get some regular help to manage your temper. There are support groups for anger management. Find online support groups at SupportGroups.com.

You can also work through your issues with a therapist in your area:

- [Psychology Today: Find a Therapist](#)
- [Therapy Tribe](#)