



What is anger?

Anger is a normal human emotion. Everyone has emotions. Anger is related to the “fight, flight, or freeze” response in the body. Even though anger may seem like a negative emotion, it can alert you and help you prepare for unexpected situations.

What may cause anger?

There are many reasons why you may be angry. A “trigger” is something that makes you angry. It could be something like arguing with a co-worker, getting yelled at by your boss, or being cut off in traffic. Some situations might be out of your control, but you can control how you react. What are your triggers? Understanding how you feel and what are your triggers can help you cope with situations that you may face.

What does anger look like?

Not everyone reacts to anger in the same way. You may see changes or signs in your body or in how you think, feel, or act:



BODY:

- » Rapid heartbeat or racing heart
- » Increased blood pressure
- » Increased energy or adrenaline
- » Muscle tension
- » Clenched teeth or jaw
- » Sweating, shaking, or trembling
- » Hot feeling in the face or throughout the body



MIND & EMOTIONS:

- » Feeling irritated, frustrated, or overwhelmed
- » Being tense, nervous, or unable to relax
- » Worrying a lot
- » Having a hard time letting go of situations and replaying them in your mind
- » Feeling out of control

What can you do to manage anger?

Think about the last time you were angry. How did you react? What were you thinking? What did you feel? How did your body change? How did others react towards you being angry?

You can learn how to control your anger instead of having it control you. One of the best ways to manage anger is to learn to control how you express it. Remember, anger is temporary, but the consequences from what you do when you are angry can be lifelong.



Recognize your triggers. Know when you are getting frustrated, annoyed, or angry so you can prevent it from escalating.



Take a deep breath. Inhale, count 1-2-3, and release slowly. Breathing can help your body relax. Deep breathing can be used at any time or in any place.



Think before speaking. When you are angry, you may say things you regret later. Think about the words you are using and the impact they may have on other people.



Speak with "I" statements. Learn to clearly express why you are angry and what you want. Be assertive, but be open to listening to what the other person wants and how they are feeling too. Be specific and try not to criticize or blame others.



Change how you think. Thoughts, especially negative and recurring ones, can make it harder to control your anger. Avoid "always" and "never" thinking. Remember, some of these thoughts may not be real or true. Consider alternative explanations and different perspectives for what might be happening.



Remove yourself from the situation. Take a break. Go outside or take a walk for a few minutes. Changing your surroundings can help you not feel so trapped in the situation.



Do something you enjoy. This can help you take your mind off the situation and help you to relax.



Workout! Being physically active can help relieve anger by releasing endorphins that may help you feel better. Plus, physical activity is a good way to channel your energy into something positive.



Sleep. Not getting enough sleep can make it harder to control your anger. Try to get between 6-8 hours of sleep per night.



Don't be afraid to ask for help. Sometimes talking with someone who is not part of the situation can bring a fresh perspective. Ask for help if your anger feels out of control, impacts your relationships, or affects other parts of your life.

Resources

NATIONAL SUICIDE & CRISIS LIFELINE

Provides free and confidential support for people in distress and prevention and crisis resources for you or your loved ones, 24-hours a day, 7-days a week.

- Call 988
- Text "HELLO" to 988
- <https://988lifeline.org>

NATIONAL DOMESTIC VIOLENCE HOTLINE

Provides crisis intervention, domestic violence education, safety planning, and referrals to local service providers and agencies that provide legal, economic self-sufficiency, sexual assault, elder abuse, children's assistance and other related services.

- Call 1-800-799-SAFE (7233)
- www.thehotline.org

RURAL RESPONSE HOTLINE

Offers access to legal and financial assistance, disaster relief, and emotional support including no-cost vouchers for confidential mental health services.

- Call 1-800-464-0258
- www.farmhotline.com

NATIONAL CENTER FOR FARMWORKER HEALTH

Provides information, education, and referrals to health care and supportive services and may assist with financial resources and/or interpretation.

- Call 1-800-377-9968
- WhatsApp 1-737-414-5121

FIND RESOURCES IN YOUR STATE

- Call 211
- www.farmstress.org



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