

Anger Management

Anger is a natural emotion but it can become an issue if it occurs frequently or is not dealt with appropriately.

What is Anger?

Anger is an emotion that ranges from a slight annoyance to an extreme outrage. Anger is:

- Completely normal, when properly controlled
- Used to help express feelings to others
- Caused by situational factors or internal factors

The Impact of Anger

When anger is present other physical and biological changes can occur, including:

- Heart rate increase
- Blood pressure increase
- Increase in levels of adrenaline

Anger can:

- Impact relationships
- Make you unhappy
- Turn physical/violent

Anger Management Tips

- Determine what factors trigger your anger
- Think through solutions for how to handle those situations
- Try to avoid triggers if possible
- Learn to clearly and calmly communicate the things that are bothering you without lashing out at other people
- Try to change your anger to something positive

When and How to Seek Help

When dealing with anger, you should seek help if you:

- Try anger management on your own, and are still struggling
- See anger affecting your relationships at work or in your personal life

When you decide to seek help for anger, you can make an appointment with a counselor or psychologist.

Business Health Services - Downtown Baltimore

Baltimore City Clinic and
Public Safety Infirmary (PSI)

323 N. Calvert Street
Baltimore, MD 21202

Phone: 410-332-9240
(Main)

410-332-9773
(City Clinic)

410-332-9770
(Public Safety Infirmary)

Fax: 410-332-0614

Business Health Services - Lutherville

1766 York Road
Lutherville, MD 21093

Phone: 443-275-5090

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