

Treatment Plan: Annual Medical and Psychiatric Examination, Individual and Group Psychotherapy, Enroll in a Anger Management Treatment Program, Use Only Prescribed Medication From Your Doctor.



Cognitive Behavior Group Therapy (CBGT) Has Been Very Successful.

Helpful Hints to Calm Down: Count to Ten Before You Act, Try Screaming Into a Pillow To Release Your Tension, Pour Out How You Feel In Writing, Take Yourself Out Of The Situation, Exercise, Try Relaxation Techniques, See What It Takes To Calm You Down, Find Out What Triggers Your Anger, Don't Speak While Your Angry, Take a Deep Breath, Take A Walk, Pray, Meditate, Listen To Calming Music, Drinking Alcohol and/or Using Illegal Drugs Will Make You More Aggressive, Violent, and Irritable, Learn To Forgive.

Get Help And Be Happy



Domestic Violence Prevention

1 out of 5 Americans has a

Anger Management Problem



Developed by

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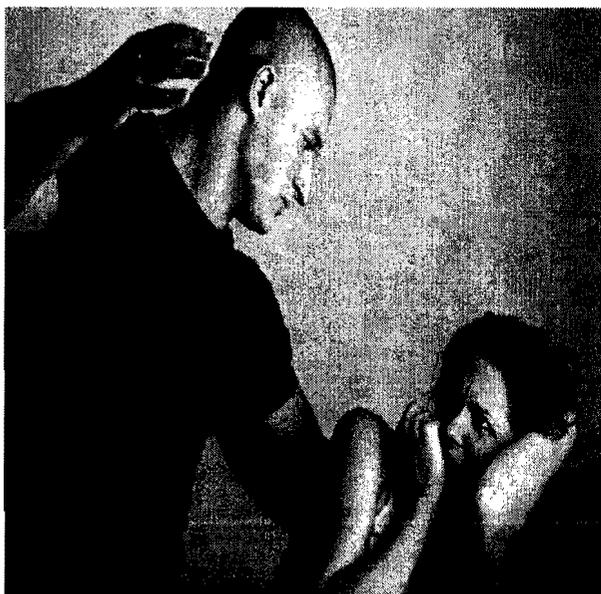
(818) 788-8667 / mrh384@aol.com

Website: domesticviolenceprevention.org

Long Term and Intense **Anger**
Has Been Linked With Mental Health Problems.

One In Six Adults Have A Mental Illness

If anger is not dealt with in a healthy way, it can have a significant effect on your daily life, achievements, mental well-being and relationships.



Anger is a powerful emotion that everyone feels from time to time.

What causes anger?

- Depression – Anxiety
- One cause may be genetic or cultural
- Stress - Frustration
- Disappointment
- Abuse - Annoyance
- Harassment – Hurt
- Threats

The experience of anger varies widely.
How often anger occurs, how intensely it is felt, and how long it lasts are different for each person.



How Your Body Reacts To Anger

- Adrenaline and other chemicals enter the bloodstream
- The heart pumps faster
- Blood pressure rises
- Blood flow quickens
- Muscles tense
- Seeing Red

Uncontrolled anger can be dangerous and lead to crime.

Anger is often the driving force behind destruction of property, abuse, violence, assaults, and murder.