

ANGER



A brain injury can lead to irritability, agitation, lowered tolerance and impulsivity, which can increase the likelihood of angry outbursts.

Anger is a common emotional response after a brain injury

LOOK FOR:

- Increased heart rate, sweating, muscle tightness, or a raised voice
- There is usually an 'on-off' quality to the anger – an explosive angry outburst one minute, but calm again shortly after
- Difficulties managing/acknowledging anger
- Blaming others for provoking anger



ANGER ACCOMMODATIONS

- Become aware of personal thoughts, behaviors and physical states associated with anger
- Utilize basic anger management skills such as deep breathing, counting backwards from 10, or mindfulness techniques to aid in relaxation
- Use free smart phone apps such as Calm, Breathe2Relax, or Breathe for relaxation exercises
- Physical activity such as exercise or yoga can be self-calming
- Recognize triggers for anger/reflect on how your body felt

While feeling anger is unavoidable, it is still possible to manage.



CITATIONS

www.ndbin.org • 1 (855) 866-1884 • info@ndbin.org

