

ANGER

FOR PROFESSIONALS



Anger is a common emotional response after brain injury including: irritability, agitation, lowered tolerance.

LOOK FOR:

- Increased heart rate, sweating, muscle tightness, 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 their anger
- Blames others for provoking their anger

ANGER ACCOMMODATIONS FOR PROFESSIONALS

- Become aware of 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*
- Introduce free smart phone apps such as Calm, Breathe2Relax, or Breathe provide relaxation exercises
- Encourage physical activity (*e.g., exercise/yoga*)
- Recognize triggers for anger

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

