

# MARCH MADNESS! MANAGING YOUR ANGER WITH SELF-REGULATION

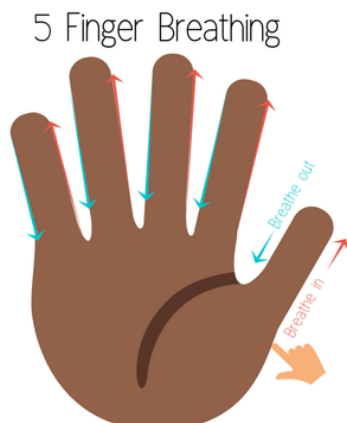


## March Madness is here! But, is your march madness due to anger?

It is normal to feel anger, as it is an emotion we all have! However, we are born knowing how to cope with this emotion. What happens when we feel TOO much anger or we are quick to get angry? Here are some self-regulation strategies you can utilize next time anger arises!

### Take a Breath, Literally!

When anger knocks, take a step back and take a deep breath. It's like hitting the pause button, giving you a moment to cool down and think before reacting. Below is a visual on how to do five finger breathing!



### Walk It Out

Calling all millennials! Feeling the heat? Take a short walk. Moving your body helps release pent-up tension, like letting the steam out of a pressure cooker. It's a simple yet effective way to shake off anger.

### Express Yourself (Without Exploding)

Talk it out, but choose your words carefully. Share your feelings without unleashing a verbal storm. It's like airing out a room – communication clears the air without creating a hurricane.

### Channel Your Inner Artist

Get creative! Draw, write, or find another outlet for your emotions. It's like turning anger into art – a way to express what's inside without causing damage.

### Set Boundaries, Not Fires

Establish clear boundaries. Let others know what you need and what you won't tolerate. It's like building a fence – creating a safe space for everyone without burning bridges.

### Seek out Professional Help

It is totally okay to reach out for help from a mental health provider. They can provide personalized strategies, coping mechanisms, and support tailored to your unique needs!

***March reminder: Pause and take a deep breath.***

***It will be okay!***

Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.