



## Managing your Anger

Anger is a VERY normal response with grief. The key with anger is to express your anger in a way that does not hurt you or anyone else.

1. Recognize when you are angry.
2. Take time to ask yourself what you want and need
3. Count to 10 or 100 if you need to. Take some deep breaths.
4. Do an angry dance in your living room.
5. Go to the driving range and hit a bucket of balls. Play a game of basketball, kickball, soccer, handball or anything that you can do by hitting or kicking a ball as a way to get the angry energy out of you.
6. Throw ice at a tree or a wall.
7. Throw rocks in a river or body of water.
8. Take a shower to calm down and feel the water washing your anger away.
9. Decide to discuss what you are angry at, at a later time or date.
10. Pound on a pillow or mattress.
11. Play angry notes on the piano.
12. Rip up a telephone book, magazine or newspaper.
13. Use humor to dissipate your anger.
14. Write out your anger.
15. Take a time out for an hour and then return and see if you are able to work out what is making you so angry. Decide if you need to discuss at a later date.
16. Pull weeds!
17. Exercise hard and lift weights. Be careful to not overdo your routines.
18. Stomp around your yard and jump in puddles of water.
19. Take a towel and roll it up and beat on the bathtub.
20. Decide it is worth your anger.

Anger is real and such a major part of grief. Pay close attention to what you are doing and what you need at the moment. Let people help you if you are willing to be vulnerable with others.