



Tips for Controlling Your Anger During the Stay at Home Order

Being home with your family during this time can be exciting, you can get some work done around the house or have some fun family time with your loved one. But it's not always a happy time. Due to COVID-19, you are ordered to stay home with no visitors for an extended period of time; and not everyone wants to cooperate. Maybe your partner is being difficult, or your children are very activity and giving you a hard time. Is this upsetting you more than normal? Is being in the house so much, more stressful than you imagined. Here are some tips on how you can manage and decrease your anger when it flare during this time of quarantine and beyond.

Start moving

When something makes you angry, go exercise. It can help calm your nerves and reduce anger. Take a walk, do push ups, or jumping jacks. Just move



Listen to some music

NOT hard rap, rock, or something that will encourage your anger, but get your ear buds and listen to something that will ease the anger and increase your positive energy.

Give yourself a break, take a timeout



Take a break. Sit away from others. Take this time to process the events that has happened and allow your emotions to level out.

Find the most immediate solution

You may be angry because your child did not do their chores before playing the video game. Go to your room where you temporarily end your anger by taking it out of your sight. Then look for other solutions to the problem without being angry.

Repeat a Mantra

Find a word or phrase that helps you calm down or refocus and repeat it to yourself. But he sure to listen to yourself.

- Calm down
- You will be "OK"
- Relax
- You will make it through this



Find a creative channel

You can turn your anger into a tangible production. Find what you enjoy and make it happen.

- Writing poetry
- Gardening
- Knitting
- Painting



Think before you speak and act

It is easy to say or do something that you will later regret, when you are angry. STOP, take a few moments to collect your thoughts before saying or doing anything.

Can't control it? Seek help ASAP

Learning to control your anger can be challenging, so call a local therapist for a phone or virtual session. Try seeking help, before you do something that you regret or really hurt someone you love