

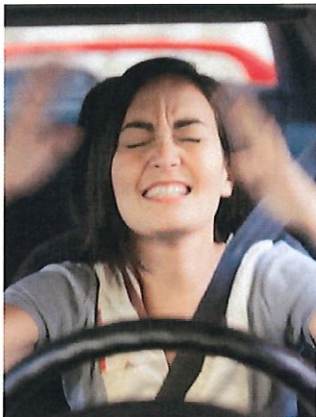


# IS YOUR ANGER HURTING OTHERS?

Anger management can help.

**We all get angry from time to time. It's a normal emotion that everyone feels. But when you feel anger too intensely or too often, it can put a strain on your relationships - at home and at work.**

Anger not only effects those around you, it can also be bad for your health. Chronic (long-term) anger has been linked to high blood pressure, heart problems, headaches, digestive problems and more.<sup>1</sup> If you're prone to anger, it's important to seek help.



## Understanding anger

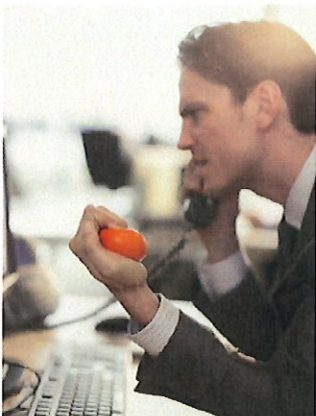
Anger can be triggered by any number of feelings, people, situations or memories. A demanding coworker. A problem with one of your children. Even your drive to work can make you angry. When you're angry your blood pressure and heart rate go up, and energy hormones such as adrenaline also increase.<sup>2</sup>

## Anger management can help

While you can't control life's pressures or outside influences, it's how you react to situations that matter.

### You may need help controlling your anger if you:<sup>3</sup>

- › Feel like you always have to hold in your anger
- › Have constant feelings of irritation, impatience and hostility
- › Often get into arguments that spin out of control
- › Become violent or break things when angry
- › Threaten others when you are angry



With anger management, you'll learn how to control your anger or express your anger in a healthy way. You'll also learn to communicate your feelings and needs while respecting others.

**Together, all the way.®**





## Tips and techniques

Here are some ways to help manage your anger.<sup>4</sup> You can try one or combine a few.

- › **Recognize your triggers.** Paying attention to things that get you angry may help to manage your reactions.
- › **Think positively.** Using words such as “always” or “never” can leave you feeling as if there’s no solution, and actually fuel your anger. Instead of saying, “you never support me,” try rephrasing it to, “I wish you would support me more.” Practicing these habits can help you control angry feelings.
- › **Take a deep breath.** Try using relaxation techniques such as deep breathing, meditation or even yoga. Learning to relax your body and mind can have amazingly calming effects. Use them whenever you start to feel angry.
- › **Just walk away.** If you feel like you’re about to lose your temper, remove yourself from the situation before it gets out of hand. Give yourself a moment alone until you’ve had a chance to calm down.
- › **Learn to listen.** Before getting overly angry about something someone has said or done, take a moment to listen to the other person first. When you react in anger, you may say something you’ll regret later.

## Where to find help

If you have anger issues, there are ways to find help. Try finding a class on anger management. Reach out to your Human Resources representative to see if your company has an Employee Assistance Program (EAP) or other resource that can help. Your health plan might also be able to help in finding a mental health professional for a face-to-face visit. Know that you are not alone.

### Sources:

1. WebMD. “What are the Dangers of Suppressed Anger?” Web (reviewed September 21, 2016).
2. American Psychological Association. “The Nature of Anger.” Web (accessed March 21, 2018).
3. Mayo Foundation for Medical Education and Research. “Anger Management.” Web (accessed June 10, 2017).
4. American Psychological Association. “Controlling anger before it controls you.” Web (accessed March 21, 2018).



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