

# Understanding Emotions – (Anger Management)



- ✓ Emotions are natural signals that tell us how we experience life.
- ✓ They include **joy, sadness, fear, love, anger, surprise, and more** — each serving a purpose.
- ✓ The key is not to avoid, but to **recognize, accept, and respond** to them in healthy ways.

## What Triggers Anger?

- ✓ Stress
- ✓ Unmet expectations
- ✓ Disrespect
- ✓ Unfairness
- ✓ Feeling unheard



## Warning Signs of Anger

- ✓ Fast heartbeat
- ✓ Clenched fists,
- ✓ Raised voice
- ✓ Negative thoughts

## Healthy Anger Management Techniques

- ✓ Pause before reacting (count to 10, deep breath).
- ✓ Express feelings calmly and respectfully.
- ✓ Use physical activity to release tension.
- ✓ Practice relaxation and positive thinking



## Building Long-Term Emotional Control

- ✓ Improve communication skills.
- ✓ Develop empathy and patience.
- ✓ Seek support or professional help if anger affects relationships/work

*“Holding onto anger is like drinking poison and expecting the other person to die.”*