

What is Anger?

- Anger is usually a normal reaction.
- Anger is an emotion we need and is a part of our life.
- Anger is healthy and useful as long as it is under control.
- Anger is a warning sign.
- Anger warns people against threats and leads them to protect themselves.
- Anger is a source of motivation for new learning.
- Anger, when not under control, can be harmful for the persons themselves and those around them.

For healthy and useful management, anger should not be suppressed but acknowledged, recognized, and expressed under control.

What Is NOT Anger?

- Anger is not a way of solving problems.
- Anger is not a fuel for revenge or retribution.
- Anger is not a reason to blame others.
- Anger is not a reason to commit an act of violence or crime.
- Anger does not prove one right.



CONSEQUENCES OF ANGER

Anger and Physiological Reactions

- Increased blood sugar
- Increased heart rate and blood pressure
- Panting and difficulty breathing
- Headaches, muscle aches, back pain, and neck pain

Anger and Mental Reactions

- Impaired concentration
- Underperformance
- Forgetfulness
- Insomnia
- Inattention



Anger and Behavioral Reactions

- Alcoholism
- Smoking
- Restlessness
- Overhastiness
- Drug abuse
- Overeating



RECOMMENDATIONS

Step 1

Remove yourself from the situation that has caused your anger, find somewhere to sit comfortably, take a deep breath, and visualize yourself relaxing.

Step 2

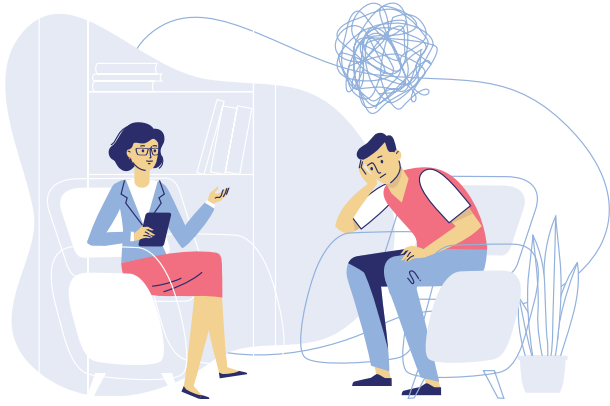
Count to ten. Imagine that you feel relaxed and remind yourself that you might regret it if you act on anger.

Step 3

Try applying the 3 Rule: Stop, Think, Act.

Step 4

Focus on solving the problem instead of complicating it further.



If you have any concerns about anger, you can visit one of the following institutions:

Migrant Health Centers

Family Health Centers

Healthy Life Centers

Hospitals

Private Health Institutions

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RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



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**CONTROLLING
YOUR ANGER
IS IN YOUR HANDS**

