



Anger & Response Control

PAUSE • UNDERSTAND • CHOOSE • MOVE FORWARD

*Different Choices
A Brighter Tomorrow* ♥

IT'S NORMAL TO FEEL ANGRY. HOW YOU RESPOND MATTERS.

You can't always control what happens, but you can control what you do next.

1 RECOGNIZE

Notice the early signs of anger in your body, thoughts and behaviour.



"I can feel my anger rising."



2 PAUSE

Take a moment before reacting. Breathe. Give yourself space.



"I can pause before I react."



3 CHOOSE

Use a strategy that helps you respond in a way that aligns with your values.



"I have a choice in how I respond."



4 MOVE FORWARD

Take action. Let it go. Focus on what you can control.



"I can move forward in a way that feels right."



UNDERSTANDING ANGER

- Anger is a normal human emotion.
- It can be a signal that something feels unfair, threatening or out of your control.
- Everyone experiences anger.
- The goal is not to eliminate anger, but to manage it in healthy, constructive ways.
- Unmanaged anger can impact relationships, work, physical health and overall well-being.

A calmer you is possible. ♥



PRACTICAL STRATEGIES FOR IN THE MOMENT



Take slow, deep breaths (4 seconds in, 4 seconds out).



Create space. Step away if needed.



Notice and name what you are feeling.



Use a grounding strategy (5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste).



Remind yourself of your goal or value (e.g., I want to respond, not react).



Use a calming phrase: "This will pass." "I can handle this."

SMALL STEPS
MAKE A BIG DIFFERENCE.



FOR LONG-TERM CHANGE

- Identify common triggers.
- Notice patterns in your thoughts (e.g., all-or-nothing thinking, catastrophizing).
- Challenge unhelpful thoughts and reframe them.
- Build regular stress management into your routine (sleep, exercise, nutrition, connection).
- Practice assertive communication.
- Seek support from a trusted person or mental health professional if anger feels overwhelming or is interfering with your life.

Progress, not perfection. ♥

PREVAIL PSYCHOLOGY & WELLNESS

HEAL | GROW | THRIVE

SAME YOU.
A BRIGHTER TOMORROW.