

MEDIUM INTENSITY GUIDE

**Get help now
#988 (Call or Text)**

When you feel angry **REGULARLY**

Feeling angry sometimes is a normal part of life. However, when anger becomes a regular occurrence, it may be time to take purposeful action to address your emotions.



QUICK TIPS

- Remember, your emotions are natural and normal.
- If you feel stuck, reach out for professional support.
- Consider your physical, social, and spiritual health.
- Your anger may be moving toward chronic anger issues.

Action Steps (CHOOSE 5 THIS WEEK)

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| <input type="checkbox"/> JOURNAL | Take 20 minutes and write about the cause of your feelings. |
| <input type="checkbox"/> HEALTH | Make a healthy food choice (eg. choose a fruit over chips). |
| <input type="checkbox"/> SHARE | Let a trusted friend know how you're really doing. |
| <input type="checkbox"/> REGULATE | Do deep breathing exercises to regulate your emotions. |
| <input type="checkbox"/> ACTIVITY | Go for a walk today. <i>Get your body moving.</i> |
| <input type="checkbox"/> SLEEP | Go to bed early tonight. |
| <input type="checkbox"/> SPIRITUAL | Connect with your faith for emotional support. |
| <input type="checkbox"/> TASK | Accomplish one task. Stop and celebrate! |
| <input type="checkbox"/> HELP | Look for a way to serve others. |
| <input type="checkbox"/> EXPRESS | Find a creative way to express your sadness. |
| <input type="checkbox"/> CALM | Do something that makes you feel calm and optimistic. |
| <input type="checkbox"/> COUNSEL | Consider chatting with a professional counselor. |

Remember

When your feelings of anger stick around and start interfering with your life, you may be experiencing chronic anger issues, which could turn into serious psychological or medical conditions if not treated properly. It is not weak or selfish to ask for help, and you're not a burden. Taking steps now to help yourself heal can save you from serious consequences down the line.