

# 11 Tips for Overcoming Anger and Gaining Peace

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Anger is a common human emotion, but that doesn't mean you have to be a victim of this negative emotion. As adults, we have an obligation to society and ourselves to avoid allowing our emotions from getting the best of us.

There are many responses you can choose when faced with a situation that makes your blood boil. A responsible person finds a way to cool their anger and find peace.

**Learn to manage your anger and arrive at a peaceful solution with these strategies:**

- 1. Consider the negative consequences of anger.** It's tempting to run with your anger in the short-term but giving in to anger can cause even more challenges. Before lashing out or taking what you consider to be appropriate steps, **think about how things will be when the dust settles.**
- 2. Give yourself a timeout.** Timeouts aren't just for little kids. Adults need timeouts, too. Give yourself a few minutes to allow a level of reason to return to your brain. You'll be in a better position to make appropriate decisions.
- 3. Let others be wrong.** You don't have to prove that someone is wrong. Just let them be wrong. If you have a strong desire to prove to them that they're wrong, that's just your ego barking.
- 4. Decide if happiness or being right is more important.** Many arguments are the result of wanting to be right. If you choose happiness over winning every argument, you can enjoy your life much more. **Which is more important to you?**

5. **Take a minute to notice your anger.** Instead of mindlessly reacting to your anger, take a moment to examine it. Pretend you're a third-party witnessing your anger. What does it feel like to you? Is the feeling in your stomach, chest, or head? Is your heart beating faster? Are your hands shaking?

- **By disengaging from your anger, you can gain a different perspective and de-energize your emotions.**

6. **Ask yourself why you're upset.** Did someone physically harm you? Did they let you down? Violate one of your values? Figure out why you're upset, and you'll be halfway to finding a solution.

7. **Focus on the big picture.** Imagine that you knew the world would come to an end next Friday. Would you really be upset if someone stole your parking space? Of course not.

8. **Look for solutions, rather than making yourself feel better.** Acting in anger is about making yourself feel better. Rather than seeking to even the score, work on finding a solution. The outcome is much better.

9. **Be sure you understand the situation.** Why get angry before you know the facts? Ensure the issue isn't actually a miscommunication.

10. **Learn relaxation techniques. The calmer and more relaxed you are on a regular basis, the less likely you are to become angry.** Relaxation techniques can also be helpful after the fact. Learn how to relax yourself. It's a skill that can be learned.

11. **See your anger as a practice opportunity to find peace.** Each time you feel

upset, view the situation as a chance to practice your anger-management skills. It's a blessing in disguise. Commit yourself to handling this bout of anger better than you did the last time.

Avoid letting anger get the best of you. As a thoughtful human being, you have options available to you. Seek to find solutions and peace rather than giving in to your immediate impulses. Make the smart choice!