

RESILIENCY

Resiliency During Crisis: Addressing Feelings of Anger

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”

– Buddha

How can you effectively manage anger and frustration?

1. Pause. Take a few deep breaths.
2. Feel the actual physical sensations of anger in your body.
 - Is your heart racing?
 - Has your breathing rate increased?
 - Are you sweating?
 - Is your jaw clenched?
3. Label and note your physical experience. It may be enough to pull you out of the heat of the moment.

A certain amount of anger constructively directed can be a good thing. Be careful not to be a victim of issues that trigger you. Feel them, but don't let them swallow you. Develop a new relationship with anger and learn to explore it with a sense of curiosity and without judgement.

Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available
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