

# ANGER



A brain injury can lead to irritability, agitation, lowered tolerance and impulsivity, which can increase the likelihood of angry outbursts.

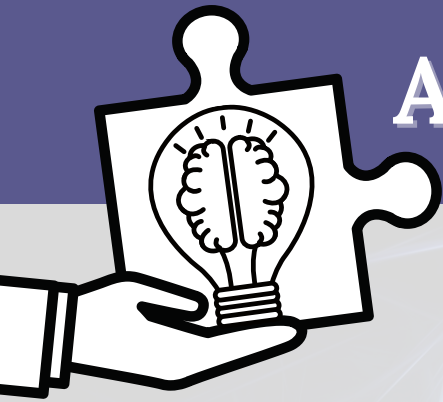
Anger is a common emotional response after a brain injury

## LOOK FOR:



- Increased heart rate, sweating, muscle tightness, or a raised voice
- There is usually an 'on-off' quality to the anger – an explosive angry outburst one minute, but calm again shortly after
- Difficulties managing/acknowledging anger
- Blaming others for provoking anger





# ACCOMMODATIONS

- Become aware of personal thoughts, behaviors and physical states associated with anger
- Utilize basic anger management skills *such as deep breathing, counting backwards from 10, or mindfulness techniques to aid in relaxation*
- Use free smartphone apps such as Calm, Breathe2Relax, or Breathe for relaxation exercises
- Physical activity (*e.g., exercise/yoga*) can be self-calming
- Recognize triggers for anger/reflect on how your body felt



**While feeling anger is unavoidable, it is still possible to manage.**



CITATIONS

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