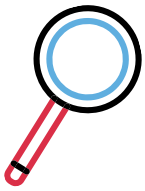
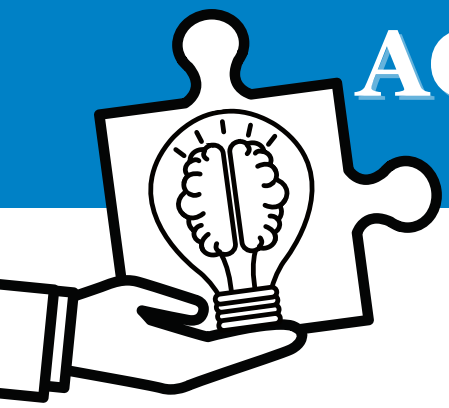
# ANGER

Anger is a common emotional response after brain injury including: irritability, agitation, lowered tolerance.

## LOOK FOR:



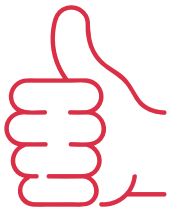
- Increased heart rate, sweating, muscle tightness, raised voice
- There is usually an 'on-off' quality to the anger – an explosive angry outburst one minute, but calm again shortly after
- Difficulties managing/acknowledging their anger
- Blames others for provoking their anger



# ACCOMMODATIONS
## FOR PROFESSIONALS

- **Become aware of 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***
- **Introduce free smartphone apps such as Calm, Breathe2Relax, or Breathe to provide relaxation exercises**
- **Encourage physical activity *(e.g., exercise/yoga)***
- **Recognize triggers for anger**

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



CITATIONS

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