

ANGER



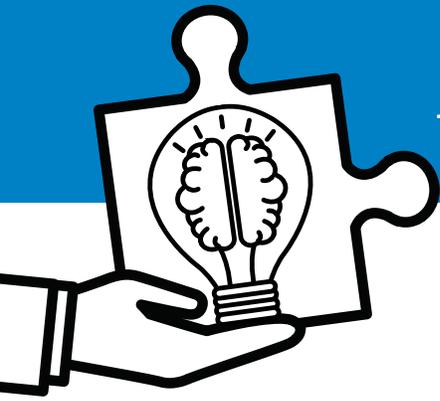
A brain injury can lead to irritability, agitation, lowered tolerance and impulsivity, which can increase the likelihood of angry outbursts.

Anger is a common emotional response after a brain injury

LOOK FOR:

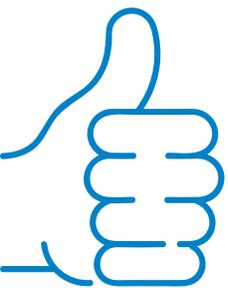


- Increased heart rate, sweating, muscle tightness, or a raised voice
- There is usually an 'on-off' quality to the anger – an explosive angry outburst one minute, but calm again shortly after
- Difficulties managing/acknowledging anger
- Blaming others for provoking anger



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

The development of this project was supported through funding from the Iowa Department of Health and Human Services' (Iowa HHS) Brain Injury Services Program (BISP). The contents are the sole responsibility of the authors and do not necessarily represent the official views of Iowa HHS.
Version date August 2025