

What you can do when Someone is ANGRY

Anger is a natural emotion which is experienced by everyone at times. It is created by a variety of feelings: frustration, disappointment, hurt, threats, annoyance, etc. It actually creates physical changes in the body, such as, tense muscles, blood pressure rises, heart pumps faster and adrenaline enters the blood stream. If anger is left uncontrolled it can be dangerous (inappropriately unleashed others may be harmed and if held inside ones health can be at risk).

What can you do when someone's anger is out of control:

1. Avoid responding anger w/anger (keep calm)
2. Be thoughtful - address problem in private
3. Listen without reacting
4. Consider the cause
5. Assist with solution
6. Don't take chances - get help