

# A guide to dealing with your workplace anger



**Anger has to be vented out for it to dissipate**

**You can't control your anger**

**Ignoring anger will make it go away**

**If I don't get angry, people will think I am a weakling**



## **COMMON MYTHS ABOUT ANGER**

## Understanding anger triggers:

**Frustration**

**Disrespect**

**Fear**

**Jealousy**

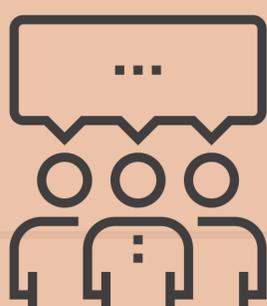
**Hurt/  
Loss**

**Shame**

It's important that we consciously try to break the anger cycle by asking ourselves **what is the toughest part about managing anger**



01 **Expressing yourself?**



02 **Taking care of yourself?**



03 **Tolerating frustration?**



04 **Understanding the root cause?**

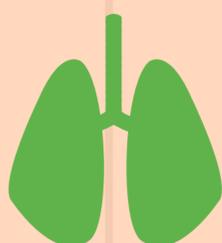


05 **Maintaining a positive outlook?**

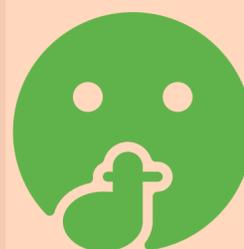
# TEMPER TEMPER

## Things to do when angry

Practice deep breathing techniques



Distance yourself mentally from the situation



Change your posture and facial expression



Laugh off the situation



Engage in physical activity like sports or workouts



Listen to music



**Wellbeing on the Web** offers counselling, webinars, resources, and other initiatives to help employees deal with their emotions and build positive relations at the workplace.

**Check out our services.**



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



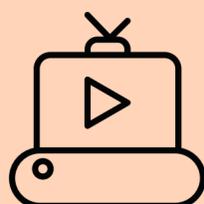
Finance guide



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars

## Resources:

- <https://hbr.org/2022/04/how-to-manage-your-anger-at-work>
- <https://humanskillsdevelopment.ca/your-quick-guide-to-anger-management-in-the-workplace/>
- <https://positivepsychology.com/anger-management-techniques/>