Dealing with Anger During COVID-19

During these uncertain times, feeling frustrated and angry is normal. Anger is often caused by a sense of unfairness or injustice. Tips that may help us manage anger are described below:

1. Take a few deep breaths and step away from the situation.
   - When we act out of anger, we often regret our actions
   - Instead, start by slowing down and collecting your thoughts
   - Talk to a trusted friend to get another person's perspective

2. Look beneath the surface, identify the trigger, and problem-solve.
   - Check to see if another emotion is driving the anger, like fear or sadness
   - If you find another emotion, address that core emotion first

3. Use "I" statements and don’t hold a grudge.
   - When talking about what made you angry, be respectful, specific, and use “I” statements. For example: “I feel anxious when you don’t call me back”

4. Take breaks, get some exercise, and express anger safely.
   - Take short breaks during stressful times of the day and exercise
   - Try punching a pillow or yelling into it – both can reduce stress

5. Know when to seek help.
   - Seek professional help if your anger seems out of control and it is negatively impacting your relationships or your ability to function

Sources: The Gottman Institute, Mayo Clinic, American Psychological Association, Maclean’s