

# HEALTHY WAYS TO PROCESS ANGER

Expressing and releasing anger in grief.

## ANGER IS AN EMOTION

Anger is an emotion like sadness, anxiety, fear or joy. There is nothing wrong with being angry. Anger is a normal part of the grief (and the human!) experience. Strong emotions like anger require outlets to provide a respite from the emotional whirlwind that often accompanies these intense feelings.



## PHYSICAL OUTLETS



Physical activity is a valuable tool for processing anger. Engage in any activity that requires exertion like walking uphill, running, kickboxing, pulling weeds, weight lifting, screaming in a private place, racquet sports or martial arts. The more effort required to perform the activity, the better. Choose activities that will be safe for you (and the people around you), but will also allow you to work up a sweat, raise your heart rate and let off some emotional steam.

## EMOTIONAL OUTLETS

Expressing anger through words or tears is another valuable processing option. Write out your anger in letters, emails or journals. Process your anger by listing what makes you mad out loud to a trusted friend. Channel your anger into advocacy or change making. Cry out your anger in the shower or the car. Acknowledge your anger, and allow the emotions that follow to flow through your words, your tears and your heart.



## THE ANGER TEAPOT



Learning to visualize your anger as a boiling teapot can be a useful tool. As your feelings begin to boil and create pent-up steam, the need for release intensifies. When you feel the steam rising, engage in one of your anger outlets. Finding ways to vent your feelings will provide a break from extreme emotions. Remember, a teapot boils more than once. Each time you feel the tension rising, repeat your venting process.