Anger management: 10 tips to tame your temper

Keeping your temper in check can be challenging. Use simple anger management tips — from taking a timeout to using "I" statements — to stay in control.



- [ ] 1. Think before you speak
- [ ] 2. Once you're calm, express your anger
- [ ] 3. Get some exercise
- [ ] 4. Take a timeout
- [ ] 5. Identify possible solutions
- [ ] 6. Stick with 'I' statements
- [ ] 7. Don't hold a grudge
- [ ] 8. Use humor to release tension
- [ ] 9. Practice relaxation skills
- [ ] 10. Know when to seek help

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