



ANGER MANAGEMENT

We all know what anger is, and we've all felt it: whether as a fleeting annoyance or as full-fledged rage.

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, and in the overall quality of your life. And it can make you feel as though you're at the mercy of an unpredictable and powerful emotion. Seeking help and gaining control over your anger at the right time is essential. With insight about the real reasons for your anger and several anger management tools, you can learn to deal with your impaired judgement, express your emotions without hurting others and avoid getting negatively impacted due to the way someone else perceives you.