

## ***Anger Management - How do you know when you're angry?***

When people become angry they can experience many different thoughts, feelings, and physical reactions. Some people experience strong feelings of resentment or hostility, raise their voice, curse, or throw things. Other people experience physical symptoms such as headaches, nausea, and increases in heart rate and blood pressure. For some, angry feelings become so overwhelming they feel ready to explode. Others may not know they are angry about a situation but will feel physically ill, guilty, or will overreact to other situations. Go to the Test page to take a quick self-assessment to see if anger management could be a problem.