



Educate, Advocate and Serve

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Managing Your Anger

RETHINK is an acronym for anger management developed by the Institute for Mental Health Initiatives. Although anger is both natural and inevitable, it can be channeled into healthy directions:

- R** Recognize when you are feeling angry or when it is a cover-up for fear, stress, shame and fatigue.
- E** Empathize with the person who is the target of anger.
- T** Think about what it is in the situation that is creating anger. Is there another way of thinking that might create humor? A solution?
- H** Hear what the other person is saying. When people are hurt, they want to be heard.
- I** Integrate respect and love with what you say about your anger.
- N** Notice how your body changes when you're angry. Heartbeat quickens, teeth clench, hands perspire, for example. Practice a quick form of gaining control such as counting to 10.
- K** Keep your attention on the subject at hand. Don't bring up old grudges and wounds.