

Handle Stress. Be Healthy For Life

Anger is a major emotional problem due to stress. All of us experience stress - at home, school or work. Stress, when it is too much, goes on for too long and if you are unable to cope, will lead to anger.

Practise these when you are angry:

- Know that you are angry ... "Say: *I am angry now!*"
- Try to cool down and stay calm ... count to ten, say a prayer, take a deep breath ... "Say: *I have to calm down. Cool it. Take it easy!*"
- Find out why you are angry. Identify the problem
- Make an effort to listen to the other person
- Do not say things to hurt or punish the other person
- Leave the place if you feel you are losing your temper
- Talk to a confidante if you cannot handle it anymore
- Learn to forgive and accept that people do make mistakes

Ways to make you less likely to be angry:

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| • Think positively | • Make time for family, work and leisure |
| • Do not blame others or circumstances when things go wrong | • Have enough sleep |
| • Learn to like yourself | • Have someone to talk to |
| • Learn to relax | • Learn to be assertive |
| • Have hobbies | • Set realistic goals for yourself |



"Handle anger to reduce stress"

Lead A Healthy Lifestyle. Be Healthy For Life!



Be Healthy For Life

The key to be healthy for life is to practise a healthy lifestyle which includes:

- Eating healthily
- Being physically active
- Not smoking
- Learning to handle stress



Benefits of a healthy lifestyle:

- Improves your health status
- Reduces your risk of getting diseases such as diabetes, heart attack, stroke and high blood pressure
- Makes you look and feel better about yourself
- Enables you to have more stamina and energy to enjoy life

