

Anger ←

What you may be experiencing

These days you may feel frustrated, stressed or overwhelmed. You may have a shorter fuse than usual. That's okay.

Anger and irritability are common emotions in response to stress. Loss of control and predictability or worries about meeting basic needs can all contribute to feelings of anger. Sometimes feelings of sadness and anxiety come out as anger.

You may get easily irritated or angry at your partner, children, friends, co-workers or neighbors in ways that are not typical for you.

What you can do

1. Take a calming breath. Even a five-minute break can make a difference.
2. Acknowledge how you are feeling. It is okay to not feel okay.
3. Take time to care for yourself. Consider simple strategies to reduce stress like exercising and making time for rest.
4. Create a daily routine to increase feelings of control. Prioritize healthy eating habits, sleep and exercise whenever possible.
5. Monitor your social media use and limit time on news. Too much media can increase feelings of frustration and anger.
6. Seek help from a professional if your anger becomes overwhelming or feels unmanageable.
 - ▶ Talk to your doctor about how you are feeling.
 - ▶ Find mental health services: [Mental Health America](#)

Find other
resources that
could help:





Get immediate help in a crisis

Emergency Situation

- ▶ **Call 911**
- ▶ **[Disaster Distress Helpline](#)**
1-800-985-5990 (para español Presione #2)
Text TalkWithUs for English (o para español un texto que diga Hablanos al 66746).
 - Residentes de Puerto Rico que hablan español pueden enviar un mensaje de texto que diga “Háblanos” al 1-787-339-2663.
- ▶ **[National Suicide Prevention Lifeline](#)**
800-273-8255 or TTY 800-799-4889 (para español llame al 888 628 9454)

Child abuse

- ▶ **[National Child Abuse Hotline](#)**
1-800-4AChild (1-800-422-4453)
(para español presiona el 1)
Text 1-800-422-4453

Veteran Support

- ▶ **[Veteran's Crisis Line](#)**
800-273-TALK (8255)
[Crisis Chat](#)
Text 8388255

Grief

- ▶ **[Red Cross Virtual Family Assistance Center](#)**
833-492-0094 (para español presione #)

Elder care

- ▶ **[The Eldercare Locator](#)**
800-677-1116
(para español presiona el 2)
[TTY Instructions](#)

Domestic Violence

- ▶ **[National Domestic Violence Hotline](#)**
800-799-7233 or TTY 800-787-3224
(para español presione #2)

Assault

- ▶ **[National Sexual Assault Hotline](#)**
1-800-656-HOPE (4673)
(para español presione #2)
[Online Chat \(atención disponible en español\)](#)

Substance Use

- ▶ **[Substance Abuse and Mental Health Services Administration National Helpline](#)**
800-662-4357 or TTY 800-487-4889
(para Español presione #2)

LGBTQ+ Support

- ▶ **[Trans Lifeline](#)**
877-565-8860 (para español presione #2)
- ▶ **[The Trevor Project's TrevorLifeline](#)**
866-488-7386

Local Resources for Food, Housing, Jobs and Other Support:

- ▶ **[UnitedWay's 211](#)**
2-1-1
- ▶ **Feeding America**
Find Your Local Food Bank
feedingamerica.org/find-your-local-foodbank
(Información de servicios en español feedingamerica.org/en-espanol/encuentre-su-banco-de-alimentos-local)

