

Anger Can Be Healthy...

Think of anger as a ball of energy that can be helpful and harmful. It depends on how you use it. It takes little creativity to use anger to swear, become violent and really make a clown of one's self. However, it takes a lot of creativity and control to direct one's anger energy toward something productive.

Some examples of productive uses of anger:

- Women's right to vote
- Civil rights
- Self defense
- Mother's Against Drunk Driving (MADD)
- Writing letters to the editor
- Motivation to finish that project you have not been working on forever

What are some ways you can use your anger effectively?

Better your relationships. Manage your Anger. Calm yourself.