

Anger

It's okay to feel angry. Anger is a natural human emotion—it shows up when something feels unfair, hurtful or overwhelming. While it can be intense, it doesn't have to control you.

Information Guide

[What is Anger?](#)

Find out what anger is, where it comes from and how it affects us emotionally and physically.

Article

[Control Anger Before it Controls You](#)

Learn practical techniques to recognize early signs of anger and strategies to prevent it from escalating.

Video

[How to Remain Calm with People](#)

Tips on staying composed during challenging interactions and avoiding reactive outbursts.