

## How Anger Affects Your Health

Anger causes high levels of stress that puts a strain on your physical health over time. To understand how anger affects your body, take a step back and identify what you are going through physically. Answer these questions about your physiological responses when you are angry.

Do you have any physical pain? If so, what hurts?

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Look in the mirror. Do you notice any differences in your face? Are your eyes dilated and is your face red? Are there any other differences?

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Pay attention to your muscles. Are they tense? Are you clenching your fists? Are your shoulders down and relaxed or raised and stiff? Write down all tension in your body.

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Pay attention to your breathing and your heart. Are you having a hard time catching your breath? Is your heart beating faster than usual? Do you feel a sudden burst of energy?

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Are you having gastrointestinal problems such as constipation or diarrhea? Do you notice any other differences from when you are not angry?

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