

Storing your firearms safely and securely can save lives. By storing your firearms, you can prevent your weapons from being stolen. You can also prevent your weapons from being accessed by loved ones at risk of suicide or violence against others.

EXPRESSIONS OF ANGER



OUTWARD

Obvious and noticeable behavior. Shouting, cursing, throwing/breaking things, verbally or physically abusive towards others



INWARD

Directed at self. Negative self-talk, denying yourself things, self-harm, isolation, feelings of shame and guilt



PASSIVE

Subtle and indirect. Giving the silent treatment or cold shoulder, sulking, being sarcastic, snide remarks, spreading rumors

SIGNS OF ANGER



Physical Signs

- Heart pounding or racing
- Flushed/feeling hot
- Tightened/clenched muscles
- Fast/shallow breathing
- Difficulty sleeping/fatigue
- Sweating
- Crying
- Shaking/trembling
- Blood pressure increase

Mental/Emotional Signs

- Nervousness
- Guilty
- Easily irritated
- Overwhelmed
- Negative self-talk
- Stress

TIPS FOR MANAGING ANGER



- Separate yourself from the situation to cool down.
- Find a healthy physical, mental, or cognitive release.
- Take time to understand your feelings. Understanding your feelings leads to better communication!
- Talk to someone you trust about your feelings. Try to focus more on how you feel than what others "did wrong."
- Use Conflict Resolution techniques.
- Call or text 988, or consult a mental health professional.