



ANGER

Health Promotion Wellness Program
Navy & Marine Corps Public Health Center

**The angry man will defeat himself
in battle as well as in life**

-Samurai Maxim



**Anger is as a stone cast into
a wasp's nest**



-Proverb



**Anger is the wind that blows the
lamp out of the mind!**

-Mishnah: Ethics of the Fathers

**He who angers you
conquers you**

-Elizabeth Kenny



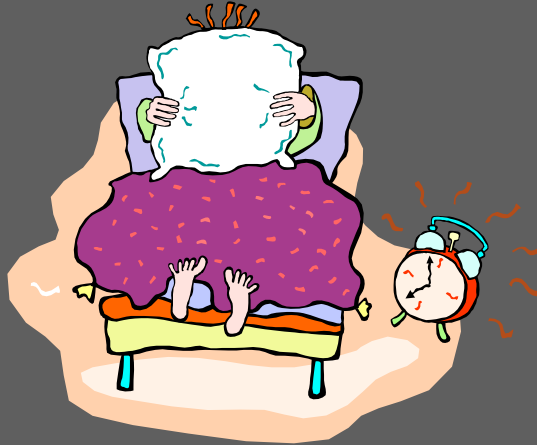
**Anger does more harm than the
condition which aroused anger.**

-David McKay

How to Cope with Anger!

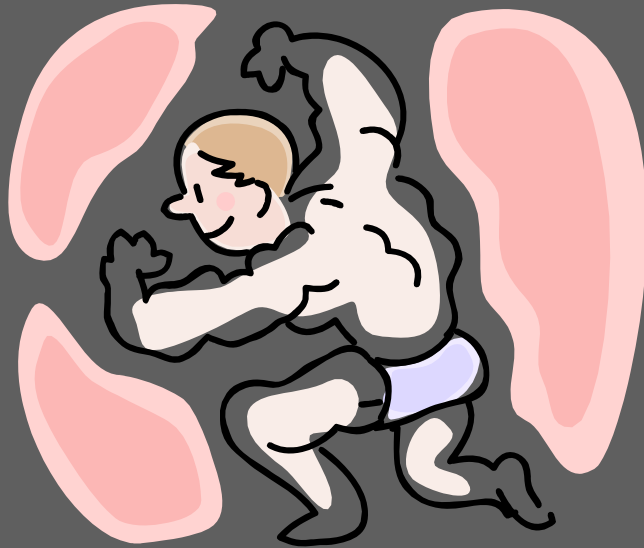


**Man should forget his anger before
he lies down to sleep**



-Thomas De Quincey

**Who is the strong one?
He who controls his anger!**



-Misnah



When anger arises,
think of the consequences

-Confucius





**Always keep your composure.
You can't score from the penalty box;
and to win, you have to score**

-Bobby Hull

A soft word turns away wrath



-King Solomon



Holding onto to anger, resentment and hurt only gives you tense muscles, a headache, and a sore jaw from clenching your teeth.

Forgiveness gives you back the laughter and the lightness in your life

-Joan Lunden



**Anger will never disappear so long
as thoughts of resentment
are cherished in the mind**

-Buddha