



# Northwest Renal Network

**Helping Navigate Kidney Disease**

## Patient Bulletin

### Some Tips to Tame Your Temper

Do you have a short fuse and get into frequent arguments? Anger is normal, but can get out of control. Out of control anger can hurt your:

- Physical health – Contribute to heart disease, diabetes, a weakened immune system, insomnia, and high blood pressure
- Mental health – Cloud your thinking, make concentrating harder, take away your joy, lead to stress, depression, and other mental health issues
- Relationships with others – Cause lasting scars, and can make it hard for others to trust you



**Here are some anger control tips:**

#### ***Explore what is really behind your anger***

Are you covering up for other feelings?

Are you reacting to stress that is not about this situation?

#### ***Be aware of your anger warning signs and triggers***

Pay attention to your body – knots in stomach, clenching hands or jaw, breathing faster, pounding heart, tense shoulders

Identify negative thoughts that trigger your temper – watch for absolute terms such as “never” or “everyone,” or rigid words like “should” or “must,” avoid mind reading or assuming, and try to avoid the blame game

#### ***Learn ways to cool down***

Take some deep breaths

Exercise

Stretch or massage tense areas

Slowly count to ten

#### ***Find healthier ways to express your anger***

Pinpoint what you are really mad at

Take a 5 minute break

Always fight fair

Be willing to forgive

Know when to let something go

**Consider seeking help for anger issues. Your social worker can refer you to local anger management classes or individual counseling.**

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**Our mission is to promote optimal dialysis and transplant care for kidney patients in Alaska, Idaho, Montana, Oregon and Washington**

#### **We Can Help With:**

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**Travel and dialysis**

**Questions about employment**

**Access to our library of resources**

Patient Toll-Free Number for Northwest Renal Network: **1.800.262.1514**  
**[www.nwrenalnetwork.org](http://www.nwrenalnetwork.org)**