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## Science-Based Techniques to Stop Yelling When Angry

### Deal with Your Anger with These 15 Calming Actions

*Anger Management: Help for Anger Issues - HelpGuide.org*

*Anger | Tips for coping with anger right now | Mind*

[Dealing with Our Anger | Colorado State University Extension](#)

### How to Control Anger: 25 Tips to Manage Your Anger and Feel Calmer

[20 Things to Do When You Feel Extremely Angry - Lifehack](#)

[5 Simple Skills to Calm Irritability - Psychology Today](#)

### Anger management: 10 tips to tame your temper - Mayo Clinic

### Seven anger management tips - Mayo Clinic Health System

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