The feelings that we often experience as a result of living with rheumatoid arthritis are completely natural, but that doesn’t mean that we have to let them control us. Facing these emotions head on and focusing energy on learning which coping strategies work best for you can result in improved health and happiness.

**Tips to manage your anger**

- Think before you speak
- Set realistic goals
- Tap into humor and laugh
- Explore possible solutions
- Express your anger
- Take a break
- Practice relaxation exercises
- Know when to seek help

**How to recognize it**

How do you behave when you’re angry? ____________________________________________

What things do you say? _________________________________________________________

What happens to your body when you are angry? ___________________________________
Express your feelings

Why are you angry? ____________________________________________
_________________________________________________________________
_________________________________________________________________

Describe your thoughts and feelings. ________________________________
_________________________________________________________________
_________________________________________________________________

Why does this situation make you angry? Could there be any other reasons other than the obvious? ________________________________
_________________________________________________________________
_________________________________________________________________

How would you respond?

Your family doesn’t understand the emotional and physical chaos that you are going through. You feel that there is a lack of help and encouragement. You work all day and come home feeling too tired to do anything.

Your rheumatoid arthritis is interfering with your work. You have always been a competent and hard working employee, and you hate the way that this disease is affecting your previously successful work routine and career.

You’re angry about the unfairness of having rheumatoid arthritis. You have always done all the “right things” such as exercise, eating well, and taking care of your health. “Why me? What did I do wrong?” you continues to ask yourself.

What have you learned about your anger? What are some other ways of handling your anger? How can you use your anger to help yourself? No matter where you are on your journey with rheumatoid arthritis, you have many options to help manage your mental wellbeing.

The emotional toll of living with rheumatoid arthritis is not talked about enough. Together we can make a difference.

To learn more, visit www.raguyfoundation.org

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