

Ways to deal with an angry family member



Tame your temper first

Stay calm & non-judgmental



Don't try to fix the person

Attempt to understand & accept their feelings.
Anger escalates faster when misunderstood.



Listen like it's the first time

Bringing up old patterns can evoke counter attacks. Choose your words wisely.



Set boundaries

Communicate clearly and directly with the person.

Share it when everyone is calm.

Repeat until everyone registers it.



Put wellbeing first

When everything fails, take the higher road & remove yourself from the situation.

Acceptance is not letting the other one 'get away', it's keeping everybody's sanity.



Wellbeing on the Web can help you navigate through difficult relationships with ease.



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