Here are some ideas for controlling your anger:

* Identify your triggers. What are the things that typically make you angry? Once you know your triggers, you can start to avoid them or develop strategies for coping with them.
* Take a time out. If you feel yourself getting angry, take a few minutes to cool down before you say or do anything you might regret. Go for a walk, listen to some music, or do something else that helps you relax.
* Express your anger in a healthy way. If you need to express your anger, do it in a way that won't hurt yourself or others. Talk to someone you trust, write in a journal, or exercise.
* Learn to forgive. Holding on to anger can be harmful to your physical and mental health. Learn to forgive the people who have wronged you so that you can move on with your life.
* Seek professional help. If you are struggling to control your anger, talk to a therapist or counselor. They can help you develop healthy coping mechanisms and manage your anger in a constructive way.

Here are some additional tips for controlling your anger:

* Relaxation techniques. There are many relaxation techniques that can help you calm down when you're feeling angry. Some popular techniques include deep breathing, meditation, and yoga.
* Humor. Laughter is a great way to relieve stress and anger. Watch a funny movie, read a joke book, or spend time with people who make you laugh.
* Positive self-talk. When you're feeling angry, it's important to talk to yourself in a positive way. Remind yourself that you're in control of your emotions and that you can choose to respond to anger in a healthy way.
* Avoid alcohol and drugs. Alcohol and drugs can worsen anger problems. If you're struggling with anger, it's important to avoid these substances.
* Get enough sleep. When you're well-rested, you're better able to cope with stress and anger. Aim for 7-8 hours of sleep each night.
* Eat a healthy diet. Eating a healthy diet can help improve your mood and energy levels, which can make it easier to manage anger. Avoid processed foods, sugary drinks, and excessive caffeine.

Controlling your anger is not always easy, but it's important to remember that you're not alone. There are many resources available to help you manage your anger in a healthy way.