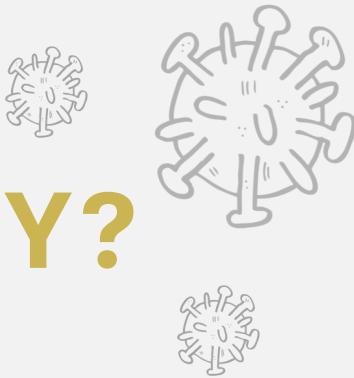


# Are you **PANGER?**



## What is **PANGER?**

Pandemic Anger



A Real Mental  
Health Concern



Negative Affect  
on Health, Work  
& Relationships



Shutting Down



Dwelling on  
the Situation



Yelling at Others



## What Can **PANGER** Look Like?

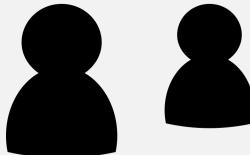
## What are Healthier Responses to **PANGER?**

I felt  
that too!  
Thank  
you!

Take a Deep  
Breath



Understand it is  
a Normal Feeling



Don't Avoid it,  
Place that Energy  
Toward Something  
Positive

