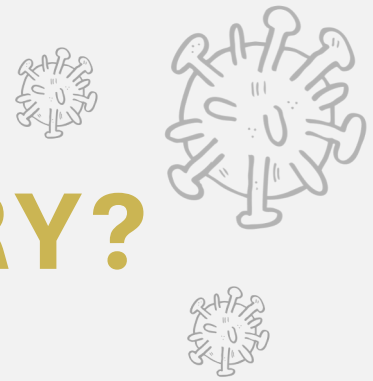


Are you **PANGER?**



What is **PANGER?**

Pandemic Anger



A Real Mental
Health Concern



What Can **PANGER** Look Like?

Negative Affect
on Health, Work
& Relationships



Shutting Down



Dwelling on
the Situation

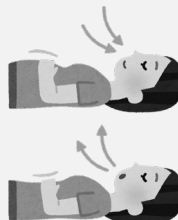


Yelling at Others



What are Healthier Responses to **PANGER?**

Take a Deep
Breath



Understand it is
a Normal Feeling



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

