

Stop Yelling: Save Your Voice to Save Your Image

by Beth Braccio Hering 05/23/2012



Ask any fourth grader why he or she doesn't like a certain teacher and you're bound to be told, "She yells too much." Our discomfort with people who raise their voices to make their displeasure known doesn't end after elementary school. Yellers can make a whole office uneasy as people worry about "setting off" a colleague and being the subject of or the witness to a tirade.

Getting a reputation as a hothead is obviously not beneficial to one's career. People may think twice about wanting to work on projects with you, and an atmosphere of fear or intimidation is not good for morale. Yelling also can look childish and unprofessional, thus creating obstacles to advancement.

The key to rectifying this behavior is to deal with negative feelings before they burst forth. "People don't get angry all of a sudden," says [Noelle Nelson](#), a therapist and the author of the ebook *Make More Money by Making Your Employees Happy*. "They feel emotion before it becomes anger by becoming irritated or frustrated first. It's at that point that they need to stop and take a deep breath. They need to write down why they are frustrated or take a walk to think through why they are feeling irritated -- in other words, find an avenue to vent frustration before anger occurs."

It also pays to look at one's overall situation. Having too much on your plate or a poor work-life balance can make the slightest annoyances trigger a volcanic reaction. Actions such as asking for help, exercising to relieve stress, or venting to a trusted friend can help keep things under control. As Nelson notes, "Anger is like a pressure cooker. Everything is fine when you let off a little steam, but if you hold it inside, it will eventually blow up."

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