Abstract
The negative emotional experiences are associated with the subjective well-being, but it is unknown if the way to regulate them is related to well-being reports. This study explored the association between perceived well-being and cultural variables (historico-socio-cultural premises) and individual variables (self-monitoring, and self-efficacy strategies) involved in the emotional regulation of anger, and to explore possible gender differences. 220 volunteers participated in the study. Findings showed that cultural beliefs and the use of strategies that decrease the intensity of anger were positively associated with well-being with friends and work, and that there are more similarities than differences between men and women in the evaluated variables. These results indicate the importance of properly regulate negative emotions as anger to increase subjective well-being in both sexes.

Keywords
Well-being, Emotional regulation, Anger, Culture, Personality.