

ANGER MANAGEMENT – *RECOGNIZING AND MANAGING ANGER*

Anger is most commonly defined as “A strong feeling of displeasure or hostility.”

Anger is a natural and mostly automatic response to pain of one form or another (physical or emotional).



Anger can occur when people don't feel well, feel rejected, feel threatened, or experience some loss. The type of pain does not matter; the important thing is that the pain experienced is unpleasant. Because

anger never occurs in isolation, but rather is necessarily preceded by pain feelings, it is often characterized as a 'secondhand' emotion.

Anger strikes everyone at some time or another. How we respond to anger, however, can mean the difference between a healthy approach to problem solving and a violent, uncontrolled reaction that can hurt not only yourself, but those around you.

Anger Management Tips

1. **Take a 'timeout.'** Although it may seem cliché, counting to 10 before reacting really can defuse your temper.
2. **Get some space.** Take a break from the person you're angry with until your frustrations subside a bit.
3. **Once you're calm, express your anger.** It's healthy to express your frustration in a non-confrontational way. Stewing about it can make the situation worse.

4. **Get some exercise.** Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a brisk walk or a run, swim, lift weights or shoot baskets.
5. **Think carefully before you say anything.** Otherwise, you're likely to say something you'll regret. It can be helpful to write down what you want to say so that you can stick to the issues. When you're angry, it's easy to get sidetracked.
6. **Identify solutions to the situation.** Instead of focusing on what made you mad, work with the person who angered you to resolve the issue at hand.
7. **Use 'I' statements when describing the problem.** This will help you to avoid criticizing or placing blame, which can make the other person angry or resentful — and increase tension. For instance, say, "I'm upset you didn't help with the housework this evening," instead of, "You should have helped with the housework."
8. **Don't hold a grudge.** If you can forgive the other person, it will help you both. It's unrealistic to expect everyone to behave exactly as you want.
9. **Use humor to release tensions.** Lightening up can help diffuse tension. Don't use sarcasm, though — it's can hurt feelings and make things worse.
10. **Practice relaxation skills.** Learning skills to relax and de-stress can also help control your temper when it may flare up. Practice deep-breathing exercises, visualize a relaxing scene, or repeat a calming word or phrase to yourself, such as "Take it easy." Other proven ways to ease anger include listening to music, writing in a journal and doing yoga.

You can practice many of these anger management tips on your own. But, if your anger seems out of control, is hurting your relationship or makes you feel physically violent or destructive, you may benefit from some outside help. Contact your EAP to schedule an appointment with a licensed counselor.



An EAP counselor is available 24 hours a day, 7 days a week for emergency and urgent assistance. To schedule an appointment, receive a community referral or for inquires our office is open 7:30 am to 6:30 pm PST.



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