



Anger Management

Anger is a powerful and natural emotion. When we use anger in a positive manner, it can enhance our skills and abilities. This enhancement can result in accomplishing things that we thought were not possible. However, we can also have very negative results from anger if we do not learn to understand it and manage it appropriately. If anger is not managed properly, it can lead to hurtful and harmful actions and possibly health problems.

WHAT CAUSES ANGER?

While anger can have many causes, and is sometime the result of several factors, there are a few feelings that are most likely involved when you get angry. These are:

- ☀ Frustration
- ☀ Hurt
- ☀ Disappointment
- ☀ Embarrassment
- ☀ Fear
- ☀ Annoyance
- ☀ Feeling Threatened
- ☀ Feeling Taunted

Why should I manage anger

- ☀ Prolonged or frequent anger can lead to health problems – ulcers, skin problems, heart problems, intestinal problems and excessive tiredness are a few conditions that can result.
- ☀ Anxiety disorder and depression can also result from repetitive anger and long-lasting anger.
- ☀ Problems in relationships with others can also occur from anger, especially if the anger results in aggressive outbursts.
- ☀ Increased accidents tend to happen to people who are frequently angry.

What Helps?

- ☀ Recognize the signs of your anger (rapid heartbeat, tense muscles, rapid breathing, a readiness to act, etc...so you can catch it early, before it becomes a strong emotion.
- ☀ Identify situations in which you tend to get angry and work at understanding the cause.
- ☀ Identify positive solutions for these situations, when you are calm, so you can get through them without losing control of your anger.
- ☀ Practice pausing before you respond to anger-including situations, and decide how you want the situation to turn out.
- ☀ Learn to use humor to defuse potentially anger inducing situations.
- ☀ Relax by doing things you like or by learning relaxation techniques.
- ☀ When angry, divert energy into other physical outlets-i.e. Sports, physical labor, exercise.
- ☀ Seek Counseling if your efforts have not been effective.