

ANGER MANAGEMENT SKILLS

It's how we manage our reaction to anger that can be the difference between creating positive change, or perpetually needing to deal with the unwanted consequences of an angry outburst.

Don't let anger destroy your life. There are some good ways to help keep it under control.

QUESTIONS / ANSWERS TO GENERATE DISCUSSION

These are some tips to talk about on how to deal with anger.

REMOVE YOURSELF	Temporarily leave the situation that is making you angry. If other people are involved, explain to them that you need a few minutes alone to calm down. Problems usually aren't solved when one or more people are angry
CONSCIOUSLY DETERMINE TO BE CALM	Don't react, think! Choose to remain calm! What will be the outcome of your next anger-fueled action? Will arguing convince the other person that you're right? Will you be happier after the fight?
COMMUNICATE - EXPRESS YOUR ANGER CALMLY	When someone upsets you, tell them. Try to be assertive, but not confrontational. Calmly talk to them about how you feel about their words or actions. Be clear and composed.
DEEP BREATHING	Let it go, man. Imagine yourself in a calming place - at the beach or nestled in front of a warm fire. They take deep breaths and progressively relax various muscle groups. Take a minute to just breathe. Count your breaths: four seconds inhaling, four seconds holding your breath, and four seconds exhaling. Really keep track of time, or you might cheat yourself! The counting helps take your mind off the situation as well.
EXERCISE	Exercise serves as an emotional release. Chemicals released in your brain during the course of exercise create a sense of relaxation and happiness.
LOOK FOR THE POSITIVES	Don't dwell on the negatives. "Don't sweat the small stuff." Don't worry about things that are out of your personal control. This is difficult, but an attitude and behavior that can be learned!

References: 1. State Anger and the Risk of Injury: A Case-Control and Case-Crossover Study. Daniel C. Vinson, MD, MSPH and Vineesha Arelli, BS. Annals Family Medicine 2006 4:63-68.

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