

Anger

Problem Solving

Sometimes our anger comes from very real inescapable problems in our lives. There is also a cultural belief that there is a solution for every problem, that adds to our frustration to find out that this is not always the case. The best attitude to bring to that situation is not to focus on what the solution is, but how to handle and face the problem. Make a plan, resolve to give it your best but do not punish yourself if the answer doesn't come right away.

Better communication

Angry people tend to jump to and act on conclusions, some conclusions can be very inaccurate. The best thing to do in a heated discussion, rather than say the first thing that comes to mind, is to slow down, think about what you are going to say before saying it and listen carefully to what the other person is trying to say. It is natural to get defensive when you are criticized, but rather than get angry, listen to the underlying meaning in what the person is trying to say. Keeping your cool will keep the situation from becoming disastrous.

Using humor

'Silly humor' can defuse a situation, for one thing it can help to get a more balanced picture. If you stop and think figuratively on what name you are calling someone, like 'dirt bag', picture exactly that.. This will help take the edge off your fury and allow you think more clearly.

Changing your environment

Sometimes it's our immediate surroundings that give us cause for irritation and fury. Take time for yourself, everyone needs 'personal time', get away from the place or situation.

Short-Term Solutions

- Admit that you are angry. If you bottle up your angry feelings they will not go away and they will keep coming back over and over again.
- Identity the source of your anger.
- Listen to what others are saying to you and let them finish without interruption. Give people a chance to explain themselves.
- Try to make yourself think of something else. Turn your mind to something pleasant instead of something that makes you angry.

Long-Term Solutions

- Reduce tension by finding time for some physical activity.
- Talk to someone you trust who may be able to see things more clearly than you.
- If you need professional help, get it. Talk to a social worker, psychologist or psychiatrist..
- Avoid blaming yourself, even if you are angry because of misfortune caused by your own mistake.

Uncontrolled anger can be a serious problem for some.



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What is Anger?

We all know what anger is and we all have felt it. Anger is a completely normal and healthy emotion, its when it gets out of control and turns destructive that is becomes a problem.

The nature of anger.

Anger is an emotional state that varies in intensity. When you get angry your heart rate and blood pressure goes up as well as your energy hormones. Anger can be caused by both external or internal events.

Expressing anger

The instinctive, natural way to express anger is to respond aggressively. Anger is a natural response to threats, it inspires powerful, often aggressive, feelings and behaviors, which allows us to fight and defend ourselves when we are attacked. So a certain amount of anger is necessary for our survival. On the other hand, we can't lash out at every person that annoys us.

The three main approaches to expressing anger are: expressing, suppressing and calming.

Expressing your anger in an assertive rather than an aggressive way is the healthiest choice. Anger can be suppressed then converted or redirected. This happens when you hold your anger in then focus it on something more positive. The danger in this is if it isn't redirected at something else, it can turn inward and lead to hypertension, high blood pressure or depression. Finally, you can calm down inside. Controlling your outward behavior as well as your internal responses.

Anger Management

The purpose of anger management is to reduce the emotional feelings as well as the physiological arousal that anger causes. You can't get rid of the people that may enrage you or the things that do, nor can you change them but you can learn to control your reactions.

Are you too Angry?

There are tests that can measure the intensity of anger feelings. But chances are good that if you have a problem with anger you already know it.

Is it good to 'let it all hang

This is a dangerous myth. Some people use this myth as a license to hurt others. 'Letting it all hang out' with anger escalates the anger and aggression and does nothing to help resolve the situation.



Strategies To Keep Anger At Bay

Relaxation

Simple relaxation tools can help keep anger at bay, like taking a calming breath or relaxing imagery. There are also books to read and courses you can take to learn relaxation techniques.

Some simple steps you can try:

- Breathe deeply from your diaphragm, picture your breath coming from your 'gut'
- Slowly repeat a calm word or phrase while you are breathing deeply.
- Visualize a relaxing experience or picture.
- Slow yoga type movements can relax your muscle and make you calm.

Cognitive restructuring

Simply this means changing the way you think. Angry people tend to speak in highly colorful terms that reflect inner thoughts. When angry, your thinking can get exaggerated and overly dramatic. Try replacing those thoughts with more rational ones.

Be careful of words like 'never' or 'always' when talking about yourself and someone else. They are not just inaccurate, they also serve to justify your anger and that there is no way to solve the problem.