

# ANGER MANAGEMENT INFORMATION

**What is Anger Management?** Anger management is a psycho-therapeutic program for anger prevention and control. It has been described as deploying anger successfully. Anger is frequently a result of frustration, or of feeling blocked or thwarted from something the subject feels is important.

**What is Anger?** Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems, problems at work, in your personal relationships, and in the overall quality of your life. And it can make you feel as though you're at the mercy of an unpredictable and powerful emotion. This brochure is meant to help you understand and control anger.

**What Are Some Of The Triggers Of Anger?** What causes people to get angry? There are many common triggers for anger, such as losing your patience, feeling as if your opinion or efforts aren't appreciated, and injustice. Other causes of anger include memories of traumatic or enraging events and worrying about personal problems.

## When should you seek help for anger?

- you feel angry often.
- you feel that your anger seems out of control.
- your anger is impacting your relationships.
- your anger is hurting others.
- your anger causes you to say or do things you regret.
- you're verbally or physically abusive.





## Tips To Help Control Anger:

- Deep, slow breathing: Focus on each breath as it moves in and out, and try to spend more time exhaling than inhaling.
- Easing physical tension: Try tensing each part of the body for a count of 10, then releasing it.
- Mindfulness: Meditation is one example of a mindfulness technique, and these can help shift the mind away from anger during triggering situations, especially after consistent practice.
- Exercise: Physical activity is a great way to use up excess adrenalin. A brisk run or walk or combat sports, such as boxing or martial arts, can be useful outlets for aggressive or confrontational feelings in a controlled environment.
- Find alternative channels for anger: It can help to express anger in a way that limits harm to others, such as tearing newspaper, crushing ice cubes over a sink, or punching or screaming into a pillow.
- Create distractions: Distraction techniques, such as dancing to energetic music, taking a relaxing shower, or building, fixing, writing, or drawing, can provide distance from the issue.



## Keep An Anger Diary:

- Recording feelings of anger during an episode and reporting what happened before, during, and afterward may help people anticipate triggers and cope more effectively.
- Understanding which control techniques worked and which did not can help an individual develop a better anger management plan.
- Do not repress the feelings that drove the anger. Instead, after calming down, express them in an assertive, nonaggressive way. Keeping a journal can be an effective channel for this.
- Writing can also help a person identify and alter thoughts that contribute to disproportionate anger.
- It can be helpful to change final or catastrophic thought processes so that they become more realistic and constructive.
- For example, changing the thought, “Everything is ruined” to, “This is frustrating, but a resolution is possible” can help clarify the situation and increase the chances of finding a solution.





## Some signs that a person may need professional or medical help include:

- being in trouble with the law
- frequently feeling that they have to hold in their anger
- regularly having intense arguments with family, friends, or colleagues
- getting involved in fights or physical confrontations
- physically assaulting a partner or child
- threatening violence to people or property
- breaking objects during an outburst
- losing their temper when driving and becoming reckless



For support & information with anger management please contact us via our website:  
**[www.tefmentalhealthandwellbeing.org](http://www.tefmentalhealthandwellbeing.org)**

