



Topic For The Week

12-21-2021

- ❖ Understanding Anger
- ❖ Tips For Self-Management

Are There Warning Signs Of Pending Anger?

❖ In
Other
People?

❖ In
Yourself?



Ways You Can Learn to Manage Your Anger

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- Asserting ourselves while respecting the space of others

Anger can be Frightening and Overwhelming



Understanding Anger

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- Try and understand how or why you get angry
- Think about how and why you interpret and react to situations
- This can facilitate learning, and promote how to better cope and manage Anger Emotions

Everyone Has Their Own Triggers For Anger



- ❑ Common triggers include situations in which we feel:
- ❑ Invalidated or treated unfairly
- ❑ Disrespected or lack of respect for our possessions
- ❑ Frustrated or Powerless
- ❑ Threatened or Attacked



Anger

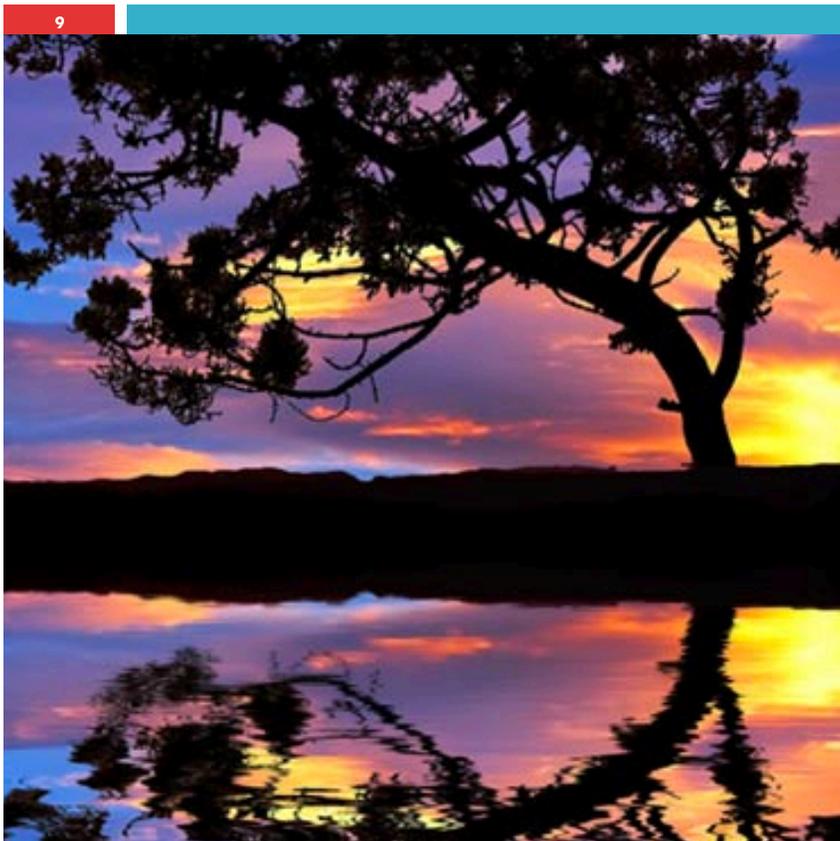
- Anger can either be about something that happened in the past or
- About something that is going on now



Warning Signs

- Recognize and use early warning signs to choose how you want to manage your Anger
- The earlier you notice the signs the easier it can be for you to choose how to manage your Anger

Understanding Your Anger



- Do you struggle with expressing your feelings?
- Instead of calmly communicating how you feel
- Do you instead lash out in Anger
- Is there no real reason why you react with Anger?

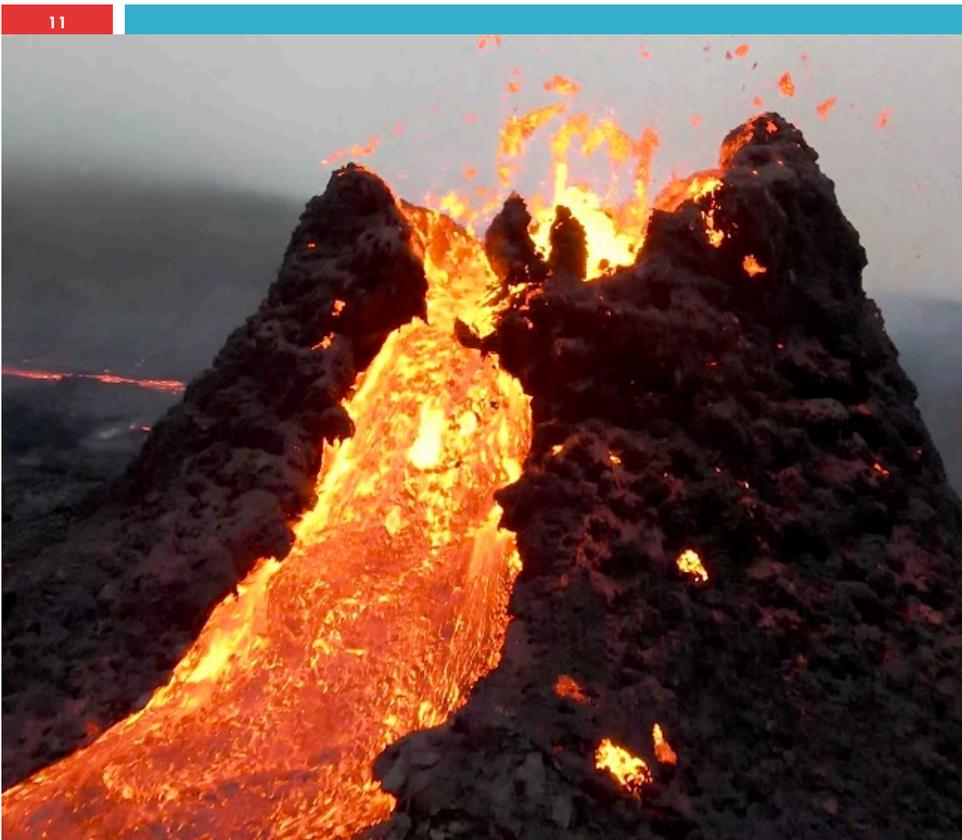
Anger Characteristics

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- ❑ Anger can either be learned or reinforced
- ❑ It is a natural response to perceived Threats
- ❑ It causes your heart to beat faster and your blood pressure to rise

How Anger Emotion is Developed



- How we interpret or react to certain situations depends on:
- Our childhood upbringing
- Past Experiences
- Our current circumstances

The Dangers of Anger



- ❑ Anger only becomes a problem when you don't manage it in a healthy way
- ❑ Feelings of Anger arise due to how we interpret and react to certain situations
- ❑ It can ruin yourself, and or your relationships
- ❑ It can cause stroke



Look out for Warning Signs

- ❑ Breathing faster
- ❑ Heart beating faster
- ❑ Tapping your feet
- ❑ Clenching your jaw or fists
- ❑ Your body becoming tense
- ❑ **NOTE** These signs, as they give you an alert and a chance to think about: how you want to react?



Buy Yourself Time To Think

- Walk away from the situation for awhile
- Use a Pause to Think: of a response that can produce the result that you want
- Decide: how to react and feel more in control
- Try Mindfulness Techniques: (breathe/relax/exercise)



Other Useful Skills

- ❑ Develop Effective Assertiveness skills
- ❑ Assertiveness is a skill that can be learned
- ❑ Assertiveness mean confidently communicating with others in an honest and direct manner
- ❑ **Do Not talk over others**



QUESTIONS?