

Anger Management

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Do you find yourself fuming when someone cuts you off in traffic? Does your blood pressure soar when your child won't cooperate? Do you silently seethe for days on end only to erupt at the wrong moment?

Anger is a normal and even healthy emotion, but learning how to deal with it in a positive way is important. Uncontrolled anger can make both you and other people feel lousy. If your outbursts, rages, or frustrations are negatively affecting your relationships with family, friends, co-workers or even complete strangers, it is time to learn some anger management skills.

Tips to help get your anger under control:

- Take a "timeout." Although it may seem clichéd, counting to ten before reacting really can defuse your temper.
- Get some space. Take a break from the person you're angry with until your frustration subsides.
- Once you're calm, express your anger. It is healthy to express your frustration in a non-confrontational way. Stewing about it can make the situation worse.
- Get some exercise. Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a brisk walk or run, swim, lift weights or shoot baskets.
- Identify solutions to the situation. Instead of focusing on what made you mad, work with the person who angered you to resolve the issue at hand.
- Use "I" statements when describing the problem. This will help you to avoid criticizing or placing blame, which can make the other person angry or resentful.
- Don't hold a grudge. If you can forgive the other person, it will help you both. It is unrealistic to expect everyone to behave exactly as you want.
- Use humour to release tensions. Lightening up can help diffuse tension. Don't use sarcasm, though; it can hurt feelings and make things worse.

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