

Anger Management

Anger is an emotion most people would like to do without. When anger can be controlled, it is a normal and even healthy response. This emotion is a natural response to situations such as bereavement, frustration, and loss. A problem may arise when the anger gets away from a person and is then uncontrollable. People that have problems controlling their anger may be unable to control their impulses and/or outbursts. They may yell at others, scream in traffic jams and be easily agitated over issues that seem trouble-free to those around them. High levels of anger can contribute to significant social and health problems such as high blood pressure and coronary heart disease.

There are some relaxation techniques that can be used to help people control anger.

→ Visualize a relaxing experience such as imagining being in a comfortable place without disturbances. It could be on an island swaying in a hammock, the only sounds to be heard come from the ocean and a slight breeze.

→ Breathe deeply from the diaphragm.

→ Slowly repeat a calm word or phrase such as “relax,” or “take it easy”.

These techniques can work in a variety of situations. Once a person has used them many times it may become an automatic process. It is important that people not let anger get the best of them and let it control their lives.