CHENNAI MINDS LEAFLET – ANGER MANAGEMENT

All You Need To Know About Anger Management

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WHAT IS ANGER?

Anger is a powerful tool of human survival and evolution. Normal anger emotions and anger problems are two different things.

6 SIGNS OF ANGER IN YOU:

1. Anger not proportionate to the situation
2. Being passive aggressive
3. Not taking responsibility and blaming others
4. Headache, rapid heart rate, clenching of the fist/jaw
5. Preoccupied with revenge
6. Frequent & explosive outbursts



7 THINGS TO DO WHEN YOU REALISE YOU ARE ANGRY:

1. Look out for the warning signs
2. Buy time for yourself (talking, walking, counting to 10)
3. Take a shower
4. Start doing an activity such as gardening
5. Keep an anger diary with triggers
6. Use humour as a coping strategy
7. Deal effectively with stress

WHY DO YOU GET ANGRY – COMMON CAUSES:

Learnt behaviour - learning maladaptive coping strategies from parents
Abuse, trauma, bullying
Stress and overwhelming circumstances

HOW TO MANAGE ANGER IN YOU:

1. Be mindful
2. Relax with breathing exercises
3. Use energy safely - writing a letter and tearing it up
4. Distraction works – music
5. Develop a creative hobby such as painting to express yourself
6. Write a journal



WHAT ARE THE OPTIONS OF TREATMENT?

1. Have an anger journal with number of times they are angry triggers what makes it better
2. Identify triggers and deal with it
3. Teach assertiveness and confidence building
4. Target negative thoughts
5. Express feelings constructively – painting, swimming, racket sports
6. Problem solving strategies

MEDICATIONS:

1. SSRIs **2.** Mood stabilizer **3.** Short term benzodiazepines

DISCLAIMER

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