

Anger is a highly contagious interaction—your frustration/anger pulls for a similar response from others and may quickly escalate.

You can prevent or manage your anger.



Anger is a powerful feeling. It deserves respect and attention. You can learn to use it to help you make positive changes and deal well with problems.

Remember:

- If you recognize that you're angry before you explode, you'll have more options.
- **Calm down** so you can think clearly about the problem and possible solutions.
- **Communicate appropriately** about your anger and your needs.
- **Violent anger is never OK.** You need to keep yourself and others safe.

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Managing Anger



 **Health and Counselling**
SERVICES
Carleton University

613-520-6674
carleton.ca/health
2600 CTTC Building

Five Steps to Managing Anger



ONE: Recognize your Anger

You have a better chance of getting what you need if you notice that you're angry before you explode.

Pay attention to your body.
Cues for anger include:

- Headache
- Grinding your teeth
- Starting to pace
- Upset stomach
- Talking louder or being quiet
- Clenching your fists
- Muscle tension
- Increased heart rate

Notice your feelings. Anger usually doesn't come out of nowhere. Think back to a time when you felt angry. Were you disappointed, annoyed, jealous, hurt, scared, irritated, sad or confused?

Learn which feelings tend to turn into anger for you. Then you can take control quicker.

Research your anger. The more you understand your anger, the more control you will have over your behavior.

Talk with a friend about which feelings lead to anger. Write a list of things that make you angry. Learn how your body feels when you start to get upset.



TWO: Cool Down

It's hard to think clearly when you are really angry. Try some of these ways to cool down.

Leave the situation. Let people know you'll be back after you've calmed down.

Work it off. Go to the gym, walk, swim or jog to get rid of energy.

Let it out. Cry. Call a friend. Write in your journal. Write an angry letter, then tear it up.

Relax. Take 10 deep breaths. Soak in the tub. Play your favourite music. Go someplace that makes you feel calm.

Remember, it's NEVER OK to be abusive—emotionally or physically—when you're angry.

If you think you're losing control, leave the situation. Don't go back until you're calmer.



THREE: Figure It Out

When you feel calmer, think about what's wrong. Look at what needs to change and what your options are.

Understand your feelings. Anger can cover up other feelings, such as sadness, fear, shame or hurt. Think about what triggered your anger, and what your other feelings and needs might be.

Decide what you want to see change. Make a list. Be as specific as you can. Include things you're willing to do, as well as changes you want others to make.

For example: "I want to be on time. I could buy you a watch. You could call if you're going to be late."



FOUR: Talk About It

With the other person, choose a time and place to talk. Make sure you have plenty of time.

Set some ground rules. Agree to treat each other with respect. If the talk gets hurtful, call a time out. Avoid judgments, guilt trips and blaming.

Remember that how you say something is as important as what you say. Use "I" statements. "I felt angry when I didn't get to finish what I was saying".

Say what you need. Be as specific and positive as you can. Instead of going into the things you don't like, suggest things you both could do differently.

For example: "I want to spend more time with you. Let's make a list of fun things to do and choose one to do this weekend."

Compromise. Listen to the other person's point of view. Be patient. It might take several talks to find a solution that works for both of you. If you get stuck, talk to a teacher, a counsellor or another adult you trust.



FIVE: Protect Yourself

What can you do if you become the target of someone else's anger?

Stay Safe. If you're in a situation that is emotionally or physically abusive and you don't feel safe, leave.

Put yourself in the other person's shoes. Try to understand why he or she is upset. Remember that trying to understand people doesn't mean you have to agree with them. It just means you value their feelings and experiences.

Find options. Anger lets you know that something isn't working for someone. Try to figure out what's wrong and what changes, if any, can be made.

Be willing to apologize. Be honest with yourself. If you've hurt someone, have the courage to say, "I'm sorry. I didn't mean to hurt you."