

Live better with EAP!

Lh

LIGHTHOUSE

Information & Support

October 2022



HOW TO DEAL WITH ANGER?

Anger is one of the six basic emotions. It is not a pleasant emotional state, but it has an important function and it communicates something to us. Therefore, today we will take a closer look at it and see what we can “do” with it.

What is anger?

In [an article](#) from *Psychology Today* we read that not all expressions of anger are a problem: “You have an anger problem if some subtle form of anger or resentment makes you **do something against** your long-term best interest or **keeps you from** acting in your long-term best interests”. In other words, anger only becomes a problem when **it gets out of control** and exposes us to harm.

People have different tolerances to anger, some take offence more easily than others. We also all have different tolerances to anger-triggering situations. The key is to get to know yourself well enough to be aware of your boundary.

Preventive measures

Dealing with anger can be done in two ways: by being able to cope in those “hot” moments and by taking preventive measures. We can then learn how to better prepare for such situations. There are also some ways we can use to practise staying calm or to prevent outbursts of anger.

One way of controlling anger is **prevention** which involves checking your current mood once an hour in order to be more aware of your emotions. Then try to determine whether they are what they appear to be. For example, isn't anger actually an underlying fear or worry? Is there anything that can be done about this worry, anything that can alleviate the feeling of anger? Another way to prevent outbursts of anger is to use **calming techniques** such as deep breathing, as well as the daily practice of meditation.

Finally, understanding **where the anger comes from** and whether it is justified can help to determine a course of action. Perhaps you need to reprogramme your thinking and understand that some things are beyond your control and that an outburst of anger will not solve the problem.

So the crux of the matter is preventive action and tools to help you calm down and think rationally in a difficult moment.



EAP E-MAIL



EAP HELPLINE

EAP WEBINARS

1. Log on to our portal: www.myeap24.pl
 2. Browse through our upcoming webinars and sign up
- Inspire yourself to change for good*





**Do you want to learn more about anger management?
Read W. Robert Nay's book *Taking Charge of Anger. How to Resolve Conflict, Sustain Relationships, and Express Yourself without Losing Control***

How to cope with anger in the "hot" moments?

1. Stop

This may seem like an obvious and straightforward step, but it is not always easy in practice. Count to 10 and breathe. Step back from the difficult situation enough to pause and collect your thoughts. Often, when we are angry, we simply react without thinking. Those few seconds can really make a difference.

2. Write it down

After being involved in an argument, you may find that writing down your thoughts and feelings about the situation helps you to calm down and look at things more clearly. You can also go back to your notes when there is an opportunity to evaluate the event and see if your thinking was right in the emotional moment.

3. Take steps to rectify the situation

Once you have calmed down and found time to think, you can try to solve the problem that caused your anger. Talk to the person who has upset you to clarify any misunderstandings. If you feel angry because something around you has gone wrong, try to fix it. For example, see if you can take a different route to get to your destination if it is traffic that is the problem.

4. Move your thoughts away from the problem

Sometimes you just need to get away from the source of anger and concentrate on other things before returning to solving the problem. Find some time for yourself, listen to calming music, distract yourself and collect your thoughts. Perhaps engaging in a creative activity, such as painting, will alleviate your anger. Physical exercise can also work wonders when it comes to settling the mind and body.

5. Try to look at things from a different point of view

If another person is the problem, try to see the situation from their perspective. If the difficulty is something you cannot control, e.g. a traffic jam, bad weather – tell yourself it's out of your control and getting upset about it is pointless. Think of alternative or productive activities you can do while waiting for a delayed flight or for the rain to stop, such as reading a book or playing with your children.

Emotions are an important part of our lives. They arise in the brain and are triggered by various stimuli, both physical and psychological. We can learn to manage them through practice and with the right support, such as that of a professional therapist who will familiarise you with tools to help you control your emotions. However, the key is to understand what influences us.

*Don't wait, call now! If you are struggling with anger management, contact a specialist.
We are here to support you!*