

Anger Management



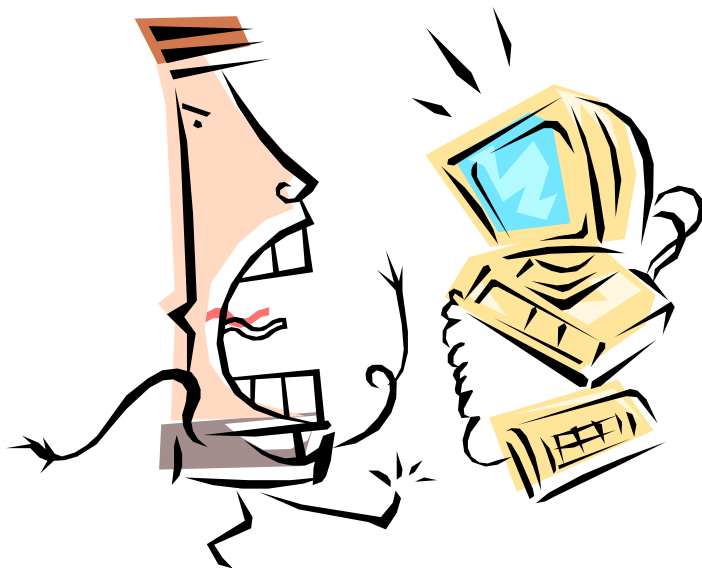
Health Promotion Program
Navy & Marine Corps Health Center

"Anger is never
without a reason,
but seldom with a
good one"

Benjamin Franklin

Hostility and Anger Effects Health

- Coronary heart disease
- Cancer
- High blood pressure
- More likely to die



To Stay Distressed and Mad....

- Be socially isolated
- Be hostile
- Be depressed
- Have a high stressed job

All increase risk
of disease and
death



You can change
your own
anger!

Anger Control

- Reduce cynical thoughts
- Reduce angry feelings
- Reduce aggressive behaviors



How to improve anger control skills

- Practice, practice, practice!
- Identify feelings and thoughts
- Evaluate negative thoughts, negative feelings and options
- Communicate better
- Empathize with others

Chill Skills

Deflection strategies

Distraction strategies



Deflection Skills

- Reason with yourself
- Tell yourself "Stop"
- Meditate

"When angry, count to ten
before you speak.

If very angry, count to
a hundred"

- Thomas Jefferson

Distraction Skills

- Daydream
- Positive fantasizing
- Time outs

Key Questions

1. Is the matter important to me?
2. Is what I'm thinking and feeling appropriate?
3. Is the situation modifiable?
4. Is taking action worth it?

Anger Reduction Skills

- Problem solving
- Practice acceptance
- Communicate
 - Listen
 - Talk
- Emphasize positive

Put them away...

Anger, wrath, malice,
slander and foul talk from
your mouth

Colossians 3:8

Anger Management:

Damage control

or

prevention?

Let everyone be
quick to listen,
slow to speak,
slow to anger.

James 1:19

References

Anger Kills - Dr Redford Williams and
Dr Virginia Williams

Lifeskills - Dr Virginia Williams and
Dr Redford Williams

