

EMPLOYEE SERIES

Tips for controlling your anger.



Recognise triggers: People don't blow up out of the blue and our bodies' exhibit physical signs that we are angry, such as a tight chest, butterflies in your stomach, a racing mind, sweaty palms, or muscle tension.



Past issues: Unresolved past issues can also build up and contribute to uncontrolled anger. Keeping a journal or log of our triggers, past issues and how we deal with these can also be helpful towards developing awareness around anger.

SHORT-TERM METHODS



Breathing – breath from your diaphragm, hold for 3 seconds and release, then repeat a few times until you feel calm.



Counting to 10 – this gives you a moment to stop and collect your thoughts before reacting.



Imagery – visualise a calming place or relaxing experience.



Verbal repetition – e.g., “relax” or “time for calm”.



Time out: If you know that you are going to explode, removing yourself from the situation provides you the opportunity to calm down, clear your mind and re-evaluate the situation.

LONG-TERM METHODS



Regular exercise: exercise helps to reduce your general stress levels.



Support: discuss your thoughts and feelings with a trusted person can reduce your anger and offers a different perspective.



Change thought pattern: It is easy to view things more negatively when you are angry. It is important to recognise when you are thinking irrationally, catastrophising, have unrealistic expectations and/or. Remind yourself that the world is not out to get you, life has difficulties that we all have to deal with, good things also happen, and re-evaluate your expectations of others.



Better Communication: rather than jump to conclusions, stop and listen to the other person and clarify what they mean. This lessens misinterpretations and generates discussion.



Deal with unresolved issues: these issues won't go away by avoiding them and if they are still affecting you they need to be managed more effectively. Talking to a professional can assist in these areas while maintaining your confidentiality.