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