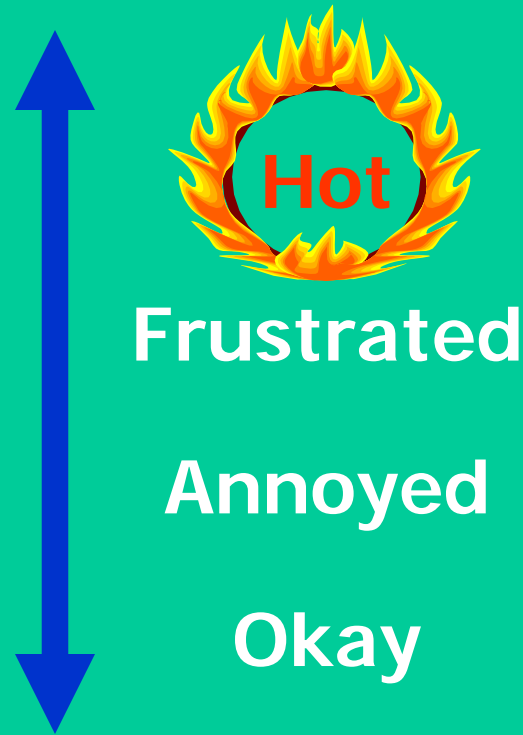


Got Anger?



Mark A. D. Long, Ed.D.
Health Promotion program
Navy & Marine Corps Public Health Center

Where are you today with
your anger?



Anger is

A powerful feeling

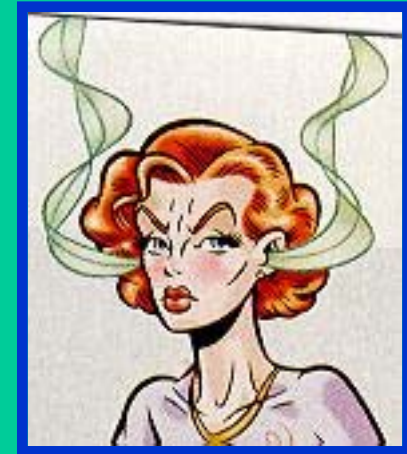
Negative thoughts

Physiological response

**How you cope with
angry feelings,
angry thoughts and
your behavior
is the key!**

Who taught you about anger?

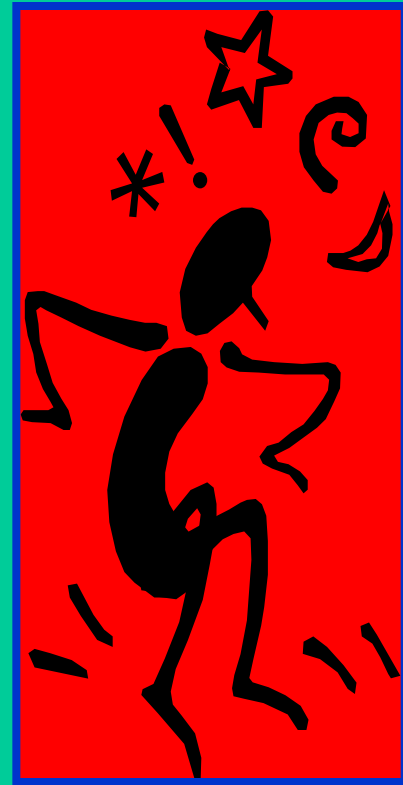
- Parents
- Family
- Friends
- Culture



Often we have learned the wrong ways to deal with our anger!

Anger Mistakes

- Blowing up
- Sulking & pouting
- Fighting
- Holding it in
- Letting it all out
- Seeking revenge



Mistakes

- **Recall others' blunders in managing their anger**
- **Remember the mistakes you have made in dealing with your anger!**

You can learn from past errors!

Anger

Consider how much more often you
suffer from your anger and grief
than from those very things which
you are angry and grieved . . .

My Anger Mistakes List

1.

2.

3.

4.

5.

6.

Anger Triggers & Red Flags

- People
- Situations
- Thoughts
- Feelings



What are yours?

Plan

- **Anticipate your potential red flags!**
- **Practice coping with your anger triggers *before* they occur!**
- **Use your anger control skills**
- **Learn from your mistakes!**

Anger Wisdom

“If you are patient in one moment of anger, you will escape a hundred days of sorrow”

What to do when Angry

Relax your body

Calm your mind

Take a time out

Anger Wisdom

**You can decide whether to have a
breakdown or a breakthrough**

-Naomi Judd

Anger Control Strategies

- **Immediately calm down**
- **Take a break!**
- **Take time to think and reflect about your situation**
- **Consider possible options**

Anger Management Skills

- Engage in physical activity
- Think about something else
- Talk to a friend
- Let it go!

**Remember to chill out and stay
in control of your behavior!**

Ask yourself

**What will be gained by doing
or saying that?**

Wisdom on Anger

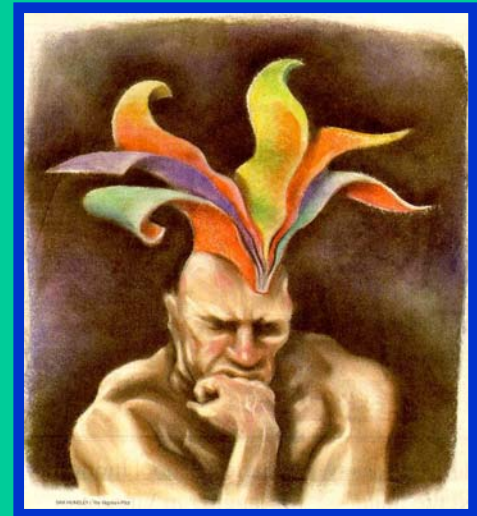
**“Holding onto anger is like grasping
a hot coal with the intent of
throwing it at some else -
you are the one who gets burned”**

-Buddha

Change your Negative Thinking!

From Negative Interpretations

- Brooding
- Blaming
- Justifying
- Labeling
- Viewing self as wronged



To Positive Thinking

- This is disappointing...
- It's not the end of the world
- This is unfair yet...
- I'd better not jump to conclusions
- Others make mistakes...

Positive Self Talk

Helpful to have positive ways to cope and counter negative self talk

- Relax and stay calm
- Losing my cool won't help
- I can deal with this!
- It's not worth getting mad

Practice

- **Need to regularly practice anger control skills!**
- **You've had years of experience mismanaging anger...**
- **Now is the time to learn and develop new effective anger management strategies!**

Anger Wisdom

**“ Ingredients needed to change
a curse into a blessing-
humor, patience and faith”**

-Dr. Brian Luke Seaward

Question

How will you deal with your anger?

Summary

Do something to de-stress

Think before you act and respond

Change your thinking

Practice your anger control skills

**Know that you can manage
your anger!**