

Anger Management.

Information you should know.

Anger is an emotional state that varies in intensity from mild irritation to intense fury or rage. It is accompanied by physiological and biological changes, like increased heart rate and blood pressure and hormonal changes.

Anger is a natural response that all people have. It is generally caused by two basic things:

1. Frustration: Not getting what we want, especially if we were expecting to get it;
2. Feeling that others do not respect us or care how we feel.

Physical Symptoms

- Tension or stress begins to build (eg. easily frustrated,
- clenched posture)
- Breathing rate increases
- Blood pressure rises eg. flushed face/neck, veins standing out

Managing Anger

- Find out what angers you, and then develop strategies to keep those triggers from tipping you over the edge.
- Relax and deep breaths, slowly repeat calming words
- Visualise a relaxing experiences
- Perform slow exercises to calm down, eg. yoga
- Cognitive reframing - changing the way we think
- Don't take everything personally, listen carefully to what others have to say and take time to think before responding
- Change your environment
- Use humour
- Assertiveness training
- Develop better communication skills

For help with Anger Management,
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