



Managing Anger Without a Trip to Medical

What's going on?

- We've all been there: You just spent hours field daying your spaces but the LPO walked across your freshly waxed deck and the Chief blew up and told you to start all over. Or maybe you just got a credit card statement and found out your spouse forgot to pay the last two months' bills and the late fees are piling up. You're steamed and you take it out on an innocent bulkhead but the end result is a broken hand.
- Anger is a normal, healthy emotion that varies in intensity from mild irritation to blind rage. The problem starts when it gets out of control and leads to violent physical or verbal outbursts that do much more harm than good.
- Mismanaging anger can have negative career implications.

What's the solution?

- Find appropriate ways to express legitimate anger. Experts say expressing your angry feelings in an assertive, but not aggressive, manner is the healthiest way to deal with this emotion.
- While the old advice to "count to 10" doesn't work for most of us, taking a moment to calm down can make the difference between controlling your anger and having it control you.
- The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. While you can't get rid of, or avoid, all the things and people that make you mad, you can learn to control your reactions.

What Can You Do?

- If you have a problem with anger, you probably know it: you are acting in ways that frighten yourself or others, or feel out of control. Contact your local Fleet and Family Support Center and sign up for anger-management classes.
- Develop coping strategies to keep anger at bay. These might include relaxation techniques, exercise, and improved communication skills.
- Recognize the link between anger and violence and commit to managing anger before it gets out of hand.

Check out the Friday Funnies message on anger management at <http://www.safetycenter.navy.mil/funnies/collections/smackdown.asp>

Discussion Items and Open Questions

1. What kinds of things have you seen people do when they lose their temper? Discuss the results of the outburst.
2. What is the thought process that leads an angry person to take ineffective actions such as hitting a wall or throwing an object?
3. Have you ever felt destructive anger? If so, how did you feel once that anger was spent? What are some better ways to deal with this emotion?

Supervisors: Use this page to guide safety discussions with your personnel