

# ANGER AND ANGER MANAGEMENT

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Anger is a natural emotion that we all experience. Mild forms of anger may include displeasure, irritation or dislike. When we react to criticism, threat or frustration we may become angry - and usually this is a healthy response.

Anger may be a secondary response to feeling sad, lonely or frightened.

When anger becomes a full-blown rage our judgment and thinking can become impaired and we are more likely to do and say unreasonable and irrational things.

Anger is a completely normal, usually healthy, human emotion. However, when it gets out of control it can become destructive. Uncontrollable anger can lead to serious problems at work and in personal relationships, and may undermine the individual's overall quality of life.

Recurrent unmanaged anger may result in a constant flood of stress chemicals and associated metabolic changes that can eventually undermine the individual's health.

**(State Government of Victoria<sup>4</sup>, Australia)**

# Effects of Anger

## Physical Health Problems

- . Backache
- . Headaches
- . Hypertension (high BP)
- . Insomnia
- . Irritable bowel syndrome, or other digestive disorders
- . Skin disorders
- . Stroke
- . Heart attack
- . Lower pain threshold
- . Weakened immune system

# Effects of Anger

## Emotional and Mental Problems

- . Depression
- . Eating disorders
- . Alcohol abuse
- . Drug abuse
- . Self injury
- . Low self-esteem
- . Moodiness.



# Anger Management

Anger Management is a procedure of acquiring the skills to recognize signs that you are becoming angry, and taking action to deal with the situation in a positive way.

In no way does Anger Management mean holding the anger in or trying to keep from feeling anger.

Anger management teaches you to recognize frustrations early on and settle them in a way that allows you to express your needs, while remaining calm and in control.

Anger management helps you identify what triggers your emotions, and how to respond so that things work in your favor, instead of against you.

**Take time out:** remove yourself from the situation that is triggering the anger so that you have space to gather your thoughts and calm down.

**Change Subject:** if a particular conversation includes an anger trigger, start talking about something else.

**Relax**

**Delay Response:** Count to ten, or using some strategy to slow the pace of your response. Taking steps to slow down the accumulation of factors that heighten your anger gives you time to recover your logical thought processes.

**Express your anger:** When you have calmed down, express your anger in an assertive non-aggressive way.

**Focus on the solution, not just the problem**

**Pray**

26 “In your anger do not sin”: Do not let  
the sun go down while you are still angry

27 and do not give the devil a foothold.

Ephesians 4: 26 - 27