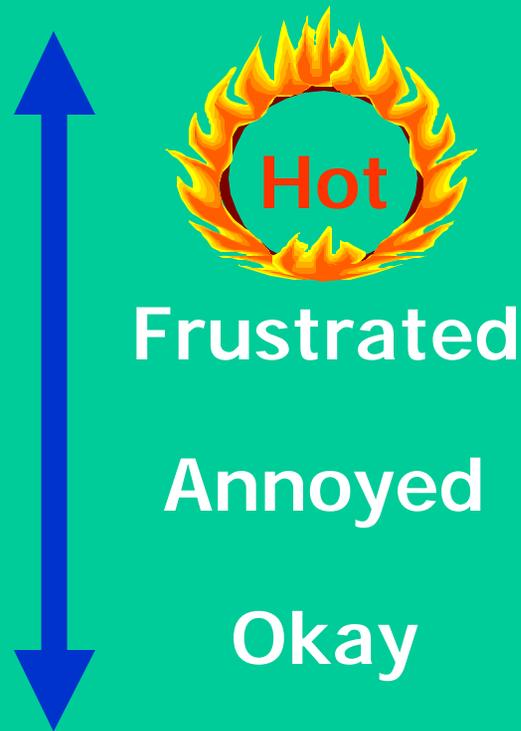


Got Anger?



Mark A. D. Long, Ed.D.
Health Promotion program
Navy Environmental Health Center

Where are you today with
your anger?



Anger is

A powerful feeling

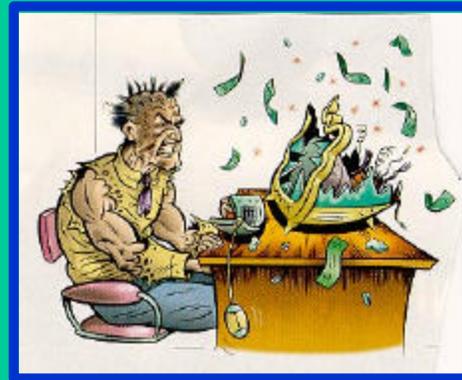
Negative thoughts

Physiological response

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

Who taught you about anger?

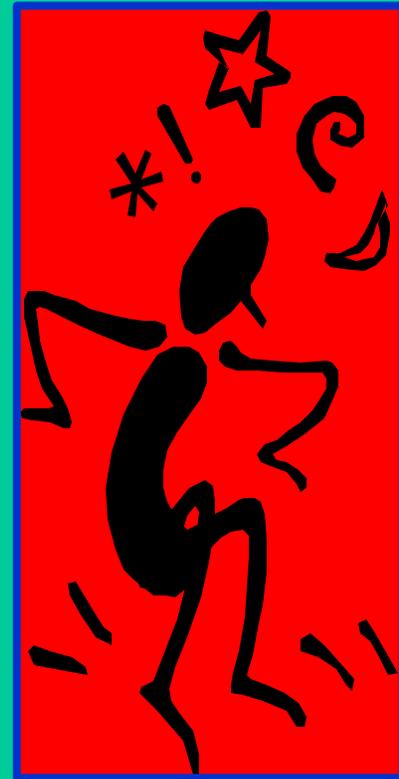
- Parents
- Family
- Friends
- Culture



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

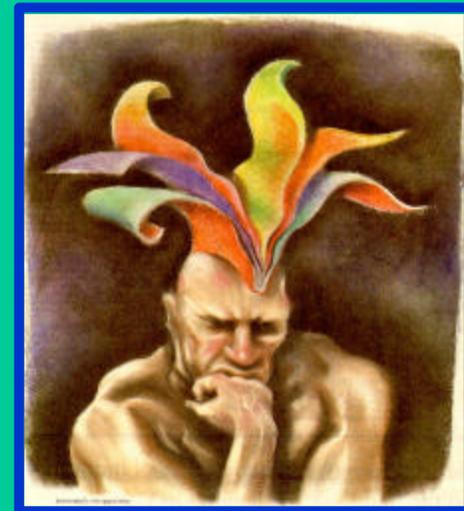
**“Holding onto anger is like grasping
a hot coal with the intent of
throwing it at some else -
you are the one who gets burned”**

-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!**

Thanks

- LCDR David Jones, MSC USS Enterprise
- Steve Heaston NEHC
- Bob McDonald NEHC
- Vickie Durbin NEHC

For their helpful contributions to this brief!