WHAT?

Anger Management commonly refers to a system of psychological therapeutic techniques and exercises by which someone with excessive or uncontrollable anger can control or reduce the triggers, degrees, and effects or an angered emotional states.

The Mrs Wong Kwok Leong Student Wellness Centre offers individual counselling as well as information about, and referral to other campus and community resources. For more information or to schedule an appointment, feel free to contact us at 6828-0786. All appointments are strictly confidential and are free of charge for all matriculated SMU students.

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Sources:
Health promotion Board: www.hpb.gov.sg
Singapore Association for Mental Health: http://www.samhealth.org.sg
http://www.cgh.com.sg
http://en.wikipedia.org
RECOGNISE SIGNS

Before you learn the techniques to manage your emotions, you first need to recognize your anger. You need answers to questions like:
1. “How do I know when I am angry?”
2. “What events/people/places/things make me angry?”
3. “How do I react when I’m angry?”
4. “How does my angry reaction affect others?”

Recognizing Physiological signs of anger
Some physical signs of anger include:
1. Clenching your jaws or grinding your teeth
2. Headache
3. Stomach ache
4. Increased and rapid heart rate
5. Sweating, especially your palms
6. Shaking or trembling
7. Dizziness

Emotionally you may feel:
1. Like you want to get away from the situation
2. Irritated
3. Sad or depressed
4. Guilty
5. Resentful
6. Anxious
7. Like striking out verbally or physically

You may also notice that you are:
1. Rubbing your head
2. Cupping your fist with your other hand
3. Pacing
4. Being sarcastic
5. Losing your sense of humor
6. Acting in an abusive or abrasive manner
7. Craving a drink, a smoke or other substances that relax you
8. Raising your voice
9. Beginning to yell, scream or cry

HOW?

Recognizing your anger. Pay attention to the signs of hidden anger such as tensed muscles, clenched teeth, feeling frustration or disappointment.

Identify the cause. Be aware of the things or situations that could easily trigger your anger and develop coping skills to manage them.

Decide what to do. Take positive steps to resolve the problem that caused your anger. Do not do anything that might harm yourself or another person.

Calm down. Before you discuss the issues that make you angry, tell yourself to calm down, relax, and breathe easy or give yourself a pat on the back for staying cool. Engage in positive self-talk under stressful conditions.

Understand your motives. Remember that your goal is to solve your problem in a positive way. Then express yourself firmly and clearly without making insulting remarks. Insults and blaming will only lead to more anger.

Do not avoid the issue. Hiding what you truly believe won’t relieve your anger. Be direct and focus on the issues involved — not on emotions.

Seeking professional counselling if you have trouble expressing anger in a positive way. Talk to family or friends or trained mental health professionals for help or strategies.

Express anger constructively by acquiring better communication skills through courses, training or self-improvement resources. Bottling up frustration is as destructive as letting it all out. The key is to express oneself in a way that communicates one’s feelings clearly without appearing as combative or defensive.

Using humor appropriately to defuse a tense situation is another way to gain a positive perspective of the issue.

Having a proper diet: getting sufficient sleep and doing physical exercises help keep stress at bay.

Hobbies. Use your energy doing things you enjoy, such as reading, carpentry, gardening or needlework.

Controlled Deep Breathing. Your breathing rate and heart rate both increase when you become emotionally aroused. You may find yourself breathing quick, shallow breaths when you are upset. Instead, take action to redirect your breathing and relax your muscles so that you will calm down.