



University Counselling

Anger

“Nothing ever goes right”

“I must...”

“I should not...”

“I never ...”

“They should...”

“Why the...?”

Anger is a normal human emotion but the management of anger can sometimes be a problem.

You may act on your anger and regret the behaviour you display. Alternatively anger can be positive in that it may motivate you to make important changes in your life or the community.

Anger can range in intensity from mild irritation to intense rage. Everyone feels angry from time to time. It is a state of heightened arousal which is usually associated with other emotions like feeling threatened, frightened, unappreciated, disappointed, worried, embarrassed, or frustrated or the perception that you are being treated unfairly. It can also be linked with drug and alcohol use.

Tips

- Become aware of what 'triggers' your anger and be prepared for your reaction.
- Be aware of your warning signs – there is a 'flight or fight' response when we are threatened – you may feel increased heart rate, faster breathing rate, sweaty palms etc.
- Notice your thoughts and try not to get 'hooked in' by the intensity of them, instead 'cool' them down – say to yourself “this will pass” or “I can handle this respectfully”.
- Notice where you feel tension and make room for it.
- Take time out – walk away from situations until you 'cool down'.
- Develop healthy sleep patterns, eat well and exercise regularly.
- Practice calming breathing.
- Avoid alcohol and substances that may increase anger.

Help is available

- Contact University Counselling.
- If your anger is affecting your functioning, your relationships and significantly impacting on your life please contact your GP.

Links

headspace

Mindhealthconnect

MensLine