

Knowing when: “It’s Time for Table Talk”

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Anger management: 10 “Helpful Hints” to Control Anger
Keeping your temper in under control can be thought provoking. Using simple anger management helpful hints — from taking a few steps back or leaving the situation to using “I” statements — can help you stay in control.

Anger is a normal and even a healthy emotion, it shows that you have feelings — but it’s important to deal with it in a positive way. Do you ever find yourself getting upset and even furious when someone cuts you off in traffic or takes the parking space that you have been waiting for in the parking lot? Does your blood pressure go up many notches when your kid refuses to get dressed in time for an event? Do you know that uncontrolled anger can take a never-endingly toll on both your health and your relationships with others.

Ready to get your anger under control? Start by considering these 10 anger management helpful hints.

No. 1: Think before you talk



In the heat of the moment, it's easy to say something you'll regret later. Take a few minutes to collect your thoughts before saying anything — be patient and allow others in the situation to do the same.

No. 2: Take a timeout

Count to 10 isn't just for the little ones. Before reacting to a highly stressed situation, take a few seconds/minutes to breathe deeply and count to 10. Just take a moment and breath slowly this can help cool your temper. If necessary, delay and move away from the person or situation until your frustration lessens a bit.



No. 3: Express your anger, once you're calm

When you're thinking clearly again, express your frustration in an assertive, but non-confrontational style. Tell the person your concerns and needs without losing control of your emotions. Use a clear and direct way of communicating, without hurting the other person(s) or trying to bully them.

No. 4: Use 'I' statements



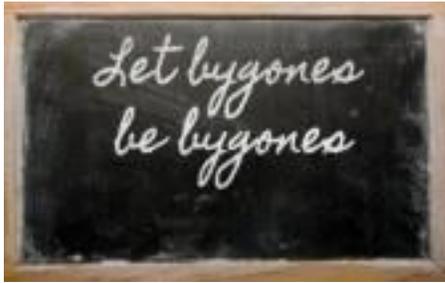
Avoid blaming or criticizing— which might only increase tension — use "I" statements to describe the issue. Be respectful and specific. For example, say, "I'm upset that you didn't offer to help to pay the dinner bill or tip," instead of, "You never offer to pay the dinner bill or tip."

No. 5: Identify potential solutions



Change your focus from what made you angry and work on resolving the issue at hand. Does your husband's shoes in the wrong place upset you? Move them or place a shoe rack in that place. How about your children do you have to remind them clean the dishes every night? Schedule a list for them to see and place it on their bedroom door and refrigerator — or agree to help them with the dishes once in a while. Remind yourself that getting mad won't resolve anything and sometimes makes relationships worse.

No. 6: Don't become bitter “things happen”



Bitterness is a terrible place to live and forgiveness is a powerful gift to give to someone or yourself. If you allow anger and other negative emotions to swarm around they will be more harmful to you than just saying I forgive you. Remember this your life surround yourself with positive feelings, by removing hostility and unfairness. You can forgive another person who angered you, that power is within you and by doing so, you might both learn from the situation. Be mindful that it is unrealistic to expect that everyone will receive what you are offering or respond exactly as you would want.

No. 7 Laughter releases tension



Laughing can help diffuse tension. If appropriate us humor to lighten up the situation. However, try not to become sarcastic because it can hurt more than heal and make things worse.

No. 8: Practice relaxation skills



When your temper rises, its time to think relaxation, practice deep-cleansing breathing exercises, listen to soothing music or whatever type helps you to calm your nerves down, imagine a relaxing scene by the beach, or repeat a affirmation that keeps you focused and calm, such as, "It's all good, take it slow and keep the flow." You might also, write in a journal or do a few arm stretches. Use your God given skills to encourage relaxation and growth.

No. 9: Exercise



When you feel your anger rising, go for a walk or jog, or do your favorite physical activity. Exercise can provide a place to vent for your emotions in a positive fashion, especially if you're about to "burst at the seams." Physical activity stimulates endorphins in you body that can leave you feeling happier and more relaxed than being upset prior.

No. 10: Know when it's time for table talk



Let's get help for your anger issues if your anger seems to be getting the best of you and you are feeling out of control, this is the best time for table talk. When you notice that you are doing things you soon regret or hurt those around you more often. If you find out that when you get frustrated your blood pressure goes up a few notches or your head starts to pound uncontrollably. You might want to explore local anger management classes. Where you can sit at the table with the instructor to gain skills and insight about:

- What anger is
- What triggers your anger
- How can I respond to my frustration and anger in a controlled, healthy way
- Learn the underlying thoughts or feelings, such as fear, sadness and depression that is connected to anger.





Anger management classes can be done individually, with your partner or other family members, or in a group. Request a referral from your doctor; social worker, attorney and or court judge to attend: The Cutting Edge Journey, Anger Management Class.

Your health insurer, employee assistance program (EAP), clergy, or state or local agencies also might offer recommendations. Learning to control anger is a challenge for everyone at times.