

DID YOU KNOW?

- Anger is a natural and adaptive response to threats, which allows us fight and defend ourselves when we are attacked.
- When you get angry, your blood pressure rises, your heart rate increases, muscles tighten and the levels of the hormones adrenaline and noradrenaline go up.
- Some studies have shown, that suppressing anger tends to make chronic pain worse, while expressing anger reduces pain.
- There is also evidence to suggest a link between anger and peptic ulcers, high blood pressure, heart disease and stroke.

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ANGER MANAGEMENT

WHAT YOU SHOULD KNOW

Anger is a strong feeling of annoyance, hostility or displeasure. It is a healthy and normal emotion, however when left unchecked anger can have serious consequences on one's health and relationships. People usually deal with anger in different ways;

EXPRESSION: means conveying your feelings and this can range from reasonable to violent. However, expressing your anger in a reasonable and assertive way is the healthiest way to manage anger. This means knowing your needs, how to meet these needs while respecting other people's feelings.

SUPPRESSION: this is an attempt to hold your anger in, stop thinking about it and focus on something positive. If unexpressed anger is not dealt with properly, it can lead to a pattern of behaviors which include lashing out, becoming hostile or verbally abusive etc.

CALMING DOWN: involves making a conscious effort to control your outward behavior and your internal responses, by letting the feelings of anger subside.

SIMPLE TIPS TO MANAGE YOUR ANGER

- 1) Stop to think before you speak.
- 2) Express your anger, when you are calm; say what's bothering you without hurting the other person's feelings.
- 3) Get some physical activity; this can help relieve stress.
- 4) Take some time out during stressful periods.
- 5) Identify possible solutions by focusing on the solution and not the problem.
- 6) Learn to forgive, unresolved anger can cause bitterness and resentment.
- 7) When your anger peaks, find a way to calm down. Practice relaxation skills like deep breathing, listen to music, dance, take a walk, etc.
- 8) Know when to seek professional help, so you do not hurt yourself or the ones you care about.

