

Anger Management

Description:

Have residents take a quiz (Are You Angry?) and find out what anger style they have. Pass out packets (available in the Resource Room) with tips to manage anger and channel it.

Contents of Packet:

Are You Angry?

1. **T F** If my neighbors played loud music late at night, I'd bang on the wall until they stopped.
2. **T F** If something I paid a lot of money for broke the day I bought it, I'd get someone else to complain for me.
3. **T F** I believe in saying exactly how I feel, even if it may cause trouble.
4. **T F** When I get mad, I become very quiet.
5. **T F** If someone is rude, I'm equally rude to him/her.
6. **T F** I avoid discussions with people who annoy me.
7. **T F** I often take out my anger on uninvolved third parties.
8. **T F** I never show anger toward people at work.
9. **T F** If a waiter spilled soup on my lap, I'd let everyone in the restaurant know how lousy his service was.
10. **T F** I think anger destroys love relationships.

Meaning of Quiz Answers

1. **Look at the odd-numbered answers. If you answered true to most of them, you're more hot-tempered than most.**
2. **Look at the even-numbered answers. If you answered true to them you're afraid of your anger. The more false answers you gave, the more comfortably you express anger.**

What's Your Anger Style?

1. The "**Hothead or Volcano**," is quick to anger, blows up then it's all out of their system, is not mean-spirited and isn't likely to call people names.
2. The "**Acorn Collector**," is good-natured and slow to anger, doesn't like conflict, and tends to collect grievances then hurl them at someone when they've had enough.
3. The "**Tiger**" loves being angry and feels entitled to say and do anything they want. They may indulge in name-calling, then expect to be forgiven afterward because 'I was angry when I said that.'
4. The "**Grudgesaver**" is slow to anger but also slow to forgive and forget. They have a hard time getting over an angry outburst directed at them.

Steps to Manage Anger and Channel It Appropriately

1. Identify what provokes you to anger. Complete the phrase “I get angry when...”
2. Think of alternate explanations for the situation or behavior that made you angry. Look at your situation from another viewpoint.
3. Talk to yourself. Say things such as “I can handle this,” “Don’t yell,” “Take a deep breath,” and “I’ll listen to what they say.”
4. When you’re on the verge of anger, be aware of what your body is telling you. To relieve anger do such things as taking three deep breaths, changing your posture, or getting a drink of water.
5. Practice makes perfect.

Choices when faced with something that angers us:

Venting- Venting simply means to scream, yell, or snap at just about anyone, even those you care about. The result is that you cause stress for the other person and they will avoid you.

Turning Anger Inward- “Beating yourself up” over your anger is simply yourself responding to anger in a way that often leads to self-doubt and loss of self-esteem. Although this may seem like a way to calm down and avoid venting, all it really does is hold the frustration in, and it will eventually explode outward.

Cooling Down and Reflecting- this is the best way to deal with anger, to calm down and think. This is the calm, rational, mature approach to the problem and often has the best results in the end.

Techniques to Manage Anger

- Use angry energy constructively. It takes energy to be angry. Take that energy and do something that needs to be done, such as work, cleaning, or exercise.
- Practice distraction. Distract yourself from the problem by listening to the radio, thumbing through a magazine, taking a break, calling a friend, or studying.
- Change your habits. Do not take on too many tasks, especially if you are already overloading yourself. Manage your time better. Say “no” more often.
- Forgive those who anger you. If someone upsets you, talk about it. Forgive, apologize, and do not hold a grudge.
- Discuss your anger with friends, loved ones or those who anger you. Talk it out. Let the people close to you know what’s on your mind. Do not hold it in, calmly tell others when they upset you- they may not realize it.
- Relax! Take deep breaths, count to 10 slowly, whatever it takes to calm down.

Community Resource List

Private Practices

Devlin Counseling Center, Inc.
1 Mill Street, P.O. Box 512
Farmville, VA 23901

Daniel N. Kessler, Psy.D.
217 East Third Street
Farmville, VA 23901
392-5309

Piedmont Psychological Services
200B Milnwood Road
Farmville Va. 23901
315-8813 or 315-5913

College Counseling Center

Longwood University Counseling Center
Lancaster Hall, Suite 126
Farmville, VA 23909
434-395-2409

Community Agencies

Crossroads Community Services Board
1-800-548-1688

Central Virginia Community Health Center
Route 15 South, P.O. Box 220
New Canton, VA 23123
804-581-3271

<http://www.teachhealth.com>

http://www.orthop.washington.edu/bonejoint/xzzztzzz1_2html

<http://depression.mentalheap.net/>

http://ca.essortment.com/dealingwithdep_rena.htm

<http://angermgmt.com/techniques.html>

Corrections Today, "Anger Management: A key tool for survival." Garry F. Cornelius.
Dec. 1993. pp.128

College Student Journal. "Gender Differences in Depression Among College Students: A
Multi-Cultural Perspective." William E. Kelly. March 1999. pp.72

Journal of Property Management. "How to Deal With Anger Residents." Jackie
Ramstedt. Nov. 1999. pp. 58

*The Resident Assistant: Application and Strategies for Working with College Students in
Residence Halls*. Gregory Blimling. Fifth Ed: 1999.

Crossroads

Linda Ferrell
392-3187

Wellness Center

126 Lancaster
395-2409