

A Message from your EAP



TAKING CONTROL OF YOUR **ANGER**

All of us have certain things that make us mad, whether it's an overbearing boss, an annoying coworker or a friend or family member that always seems to cause trouble when we least expect it.

Especially when we are stressed even the slightest annoyance can trigger angry outbursts that not only alienate others but can also contribute to health problems including headaches, upset stomach and in extreme cases, even heart attacks.

What steps can we take to control our anger and not let our anger control us?

Count to 10- When something angers you, you need time let your body defuse before you react to those feelings. Count to whatever number you need to in order to calm your body down and think about the situation that caused the angry reaction. Take some deep breaths and then ask yourself, *“Is this really worth getting angry over? Will it really matter a week from now?”*

Walk it off- Leave the site where the incident occurred, go for a walk to a quiet place where you are able to think calmly.

Distract Yourself- Turn negative energy into positive by finding tasks or activities that distract you from your anger.

Keep a log- By keeping a diary you can monitor your hostile thoughts and perhaps discover the reasons behind your outbursts.

Ask for help- Don't be afraid to ask for help from a professional therapist. Not sure where to start?

Call your EAP provider Family Service of the Chautauqua Region toll-free at **1-888-358-3899** and we will point you in the right direction to take control of your anger.