

MENTAL HEALTH

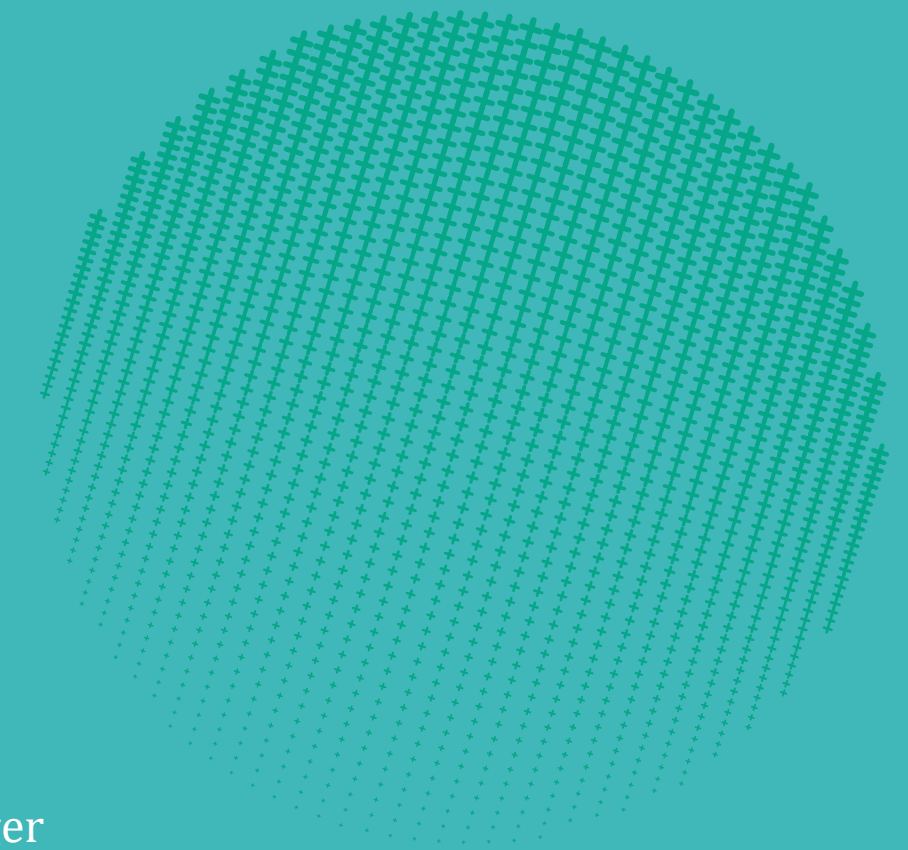
*By Edith: Wasike Sakwa
Counselling Psychologist
Flourish Counselling Services*

This presentation focuses on Managing Emotions –
(Anger Management)



Table of Contents

1	Introduction	6	Types of anger expression
2	Feelings	7	Myths and Facts about anger
3	Why We Must Manage Emotions	8	Anger Management
4	Anger as an Emotion	9	Conclusion
5	Signs of Anger		



Introduction

Emotions Are:

Intense, temporary and automatic reactions to specific event/person

- ✓ Can be measured objectively
- ✓ They are instinctive and does not vary with people

Emotions and memory are regulated by the Amygdala, a structure in the brain (Irrational and illogical but very powerful)

Amygdala sits behind the **neo-cortex** (deals with conscious thoughts, reasoning and decision making).

Emotions alerts us of imminent danger and prepare us for short term survival

6 Basic emotions: Fear, Anger, Joy, Sadness, Disgust and Surprise

Feelings

- ✓ Feelings are in our mind (Neo-cortex)
- ✓ Requires cognitive input because you can measure them objectively
- ✓ Feeling is the meaning you give to an emotion influenced by our beliefs, memories and life experiences.
- ✓ It's less intense but takes a long duration
- ✓ Vary between people and situations
- ✓ Anticipated dangers to ensure long term survival

Examples of feelings:

(Worry, anxiety, bitterness, depression and contentment)

Why We Must Manage Emotions :

When emotions are not managed, they lead to;

- ✓ Broken families,
- ✓ Violence,
- ✓ All sorts of addictions,
- ✓ Poor health,
- ✓ Even early death.

But when emotions are managed well;

- ✓ We find peace
- ✓ We think clearly,
- ✓ We make better decisions,
- ✓ And we build stronger families and communities.”

Anger as an Emotion:

- ✓ Anger is a normal, healthy emotion, neither good nor bad.
- ✓ Characterized by feelings of hostility, agitation, frustration, and resentment towards others.
- ✓ It conveys messages such as; the situation is upsetting, unjust, or threatening.
- ✓ The primary message of anger “**Get out of my way**”
- ✓ While anger is often thought of as a negative emotion, it can sometimes be a good thing.
- ✓ It can be constructive in helping clarify your needs in a relationship
- ✓ It can also motivate you to take action and find solutions to things that are bothering you.
- ✓ Anger can become a problem, however, when it is excessive or expressed in ways that are unhealthy, dangerous, or harmful to you and others.
- ✓ Uncontrolled anger can quickly turn to aggression, abuse, or violence.

Signs of Anger



Facial expressions: such as frowning or glaring

Body language: such as taking a strong stance or turning away

Tone of voice: such as speaking gruffly or yelling

Physiological responses: such as sweating or turning red

Aggressive behaviors: such as hitting, kicking, or throwing objects

Anger Management



Anger management is not about suppressing your anger. Neither developing a goal of “Never getting angry” a healthy goal.

Regardless of how hard you try to tamp it down, it will still come.

The true goal of anger management:

“Is to understand the message behind the emotion and express it in a healthy way without losing control”

Tip 1: Explore what's really behind your anger

- ✓ Ask yourself, “What am I really angry about?”
- ✓ Is your anger masking other feelings?
- ✓ Does your anger stem from your childhood experiences?
- ✓ Could it be a symptom of another underlying mental health problem?
- ✓ Do you have difficulties compromising
- ✓ Do you take people’s opinions as personal attack

Understanding the **real source** of frustration helps you to communicate your feelings better, take constructive action, and work towards a resolution.



Tip 2: Be aware of your anger warning signs



Many people think that anger explodes without warning.

Examples

- ✓ Pounding heart
- ✓ Tensing your shoulders
- ✓ Having trouble concentrating
- ✓ Knots in your stomach
- ✓ Clenching your hands or jaw
- ✓ Breathing faster
- ✓ Headaches etc

Being aware of these signs allows you to take steps to manage your anger before it gets out of control.

Levels of Anger:

Annoyance – Frustration – Exasperation – Argumentativeness – Bitterness -
Vengefulness - Fury

Tip 3: Identify your triggers



When you identify your triggers:

- ✓ It helps you to think about ways to either avoid it or view it differently so that it does not make your blood boil.
- ✓ Anger problems have less to do with what happens (Events) but has a lot to do with how you interpret.
- ✓ How do negative thought patterns trigger anger?

Event – Thought – Feelings – Actions (**Vicious cycle**)

Negative thinking patterns that trigger anger

- ✓ Overgeneralizing. (You always, You never, No one)
- ✓ Polarizing – obsession with “should” “Must”
- ✓ Mind reading and jumping to conclusions.
- ✓ Collecting straws or Filtering – discarding the positive
- ✓ Blaming
- ✓ Catastrophizing – minimizing or magnifying things

How to reframe the negative thought patterns

Ask yourself:

- ✓ What’s the evidence that the thoughts are true?
- ✓ Is there a more positive, realistic way of looking at this situation?
- ✓ What would I say to a friend who could be thinking the same negative thoughts?



Tip 4: Learn ways to cool down quickly

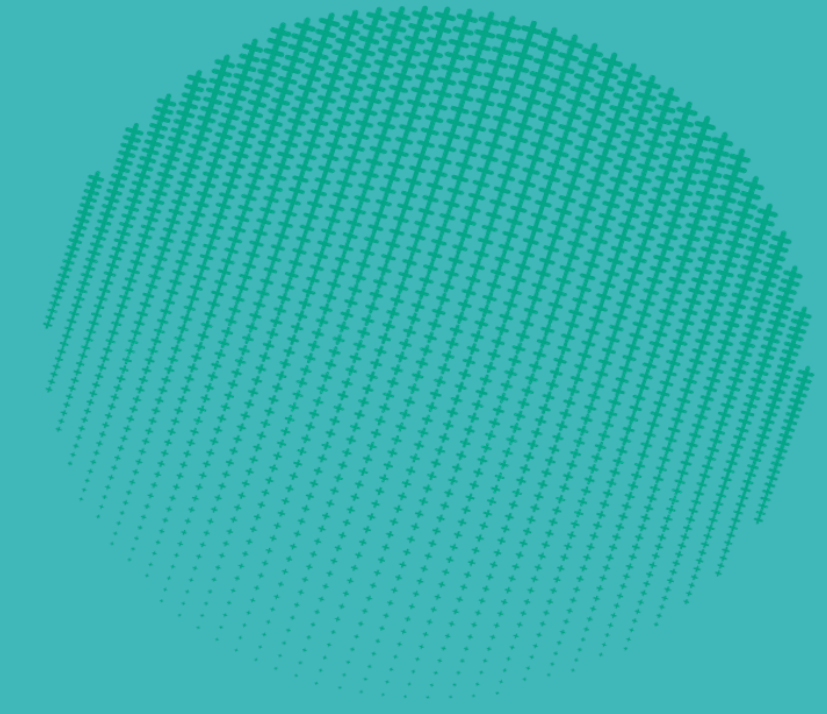
- ✓ Focus on the physical sensations of anger.
- ✓ Take some deep breaths.
- ✓ Get moving.
- ✓ Use your senses.
- ✓ Stretch or massage areas of tension.
- ✓ Slowly count to ten.

Reality check:

- ✓ When you start getting upset about something, take a moment to think about the situation.

Ask yourself:

- ✓ How important is it in the grand scheme of things?
- ✓ Is it really worth getting angry about it?
- ✓ Is it worth ruining the rest of my day?
- ✓ Is my response appropriate to the situation?
- ✓ Is there anything I can do about it?
- ✓ Is taking action worth my time?



Tip 5: Find healthier ways to express your anger



- ✓ Learn to resolve conflict in a more positive way.
- ✓ Always fight fair.
- ✓ Make the relationship your priority.
- ✓ Focus on the present.
- ✓ Be willing to forgive.
- ✓ Take time out when things get too heated.
- ✓ Know when to let go.

Tip 6: Self care



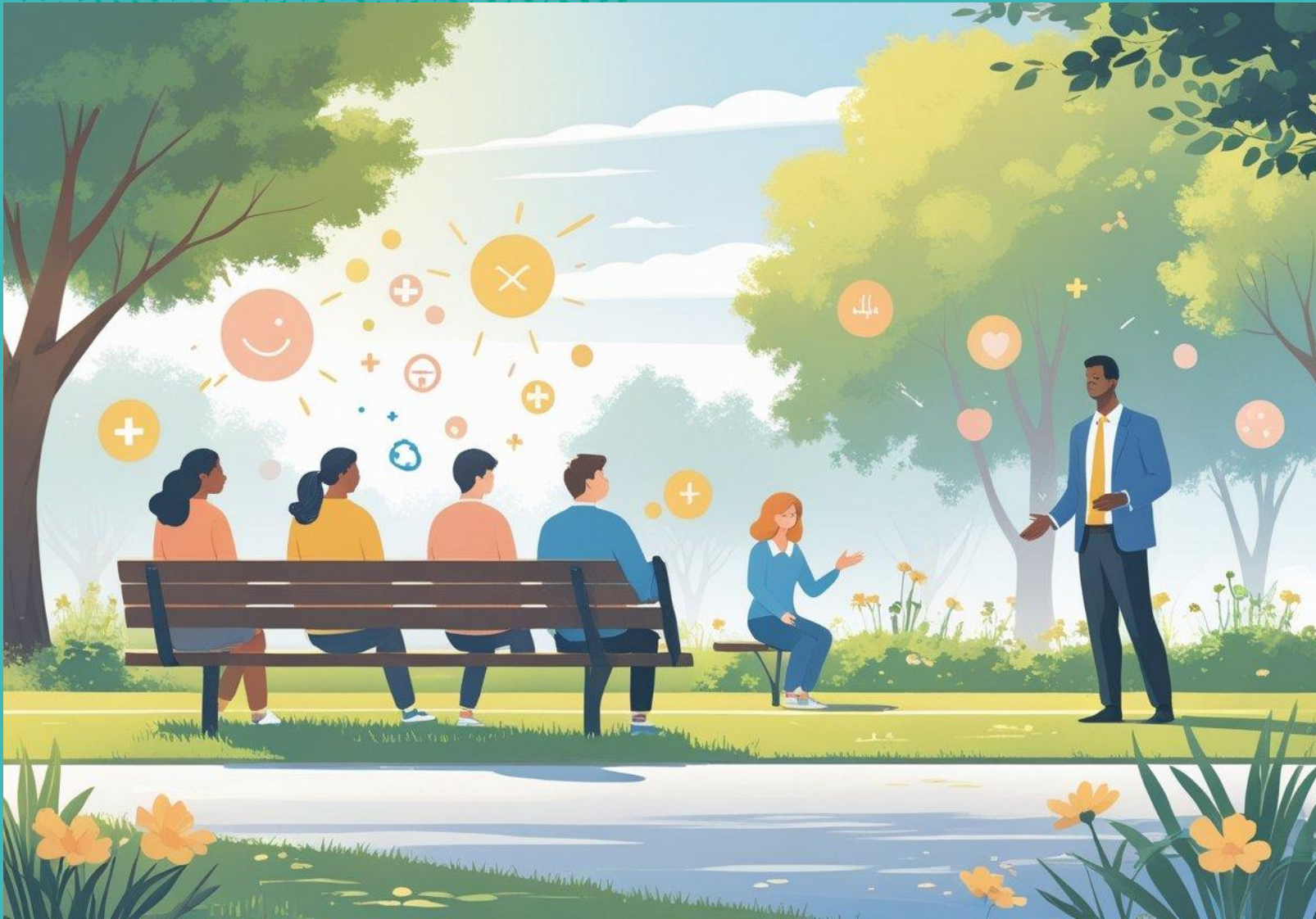
- ✓ Taking care of your overall mental and physical well-being can help ease tension and diffuse anger problems.
- ✓ Manage stress.
- ✓ Talk to someone you trust.
- ✓ Get quality sleep.
- ✓ Exercise regularly.
- ✓ Avoid use of alcohol and drugs or too much caffeine

Tip 7: Use humor to relieve tension



- ✓ When things get tense, humor and playfulness can help you lighten the mood, smooth over differences, reframe problems, and keep things in perspective.
- ✓ However, it's important that you laugh *with* the other person, not *at* them.
- ✓ When humor and play are used to reduce tension and anger, a potential conflict can even become an opportunity for greater connection and intimacy.

Tip 8: Recognize if you need professional help



Despite putting these previous anger management techniques into practice, your anger is still spiraling out of control, you need more help.

- ✓ **Anger management classes**

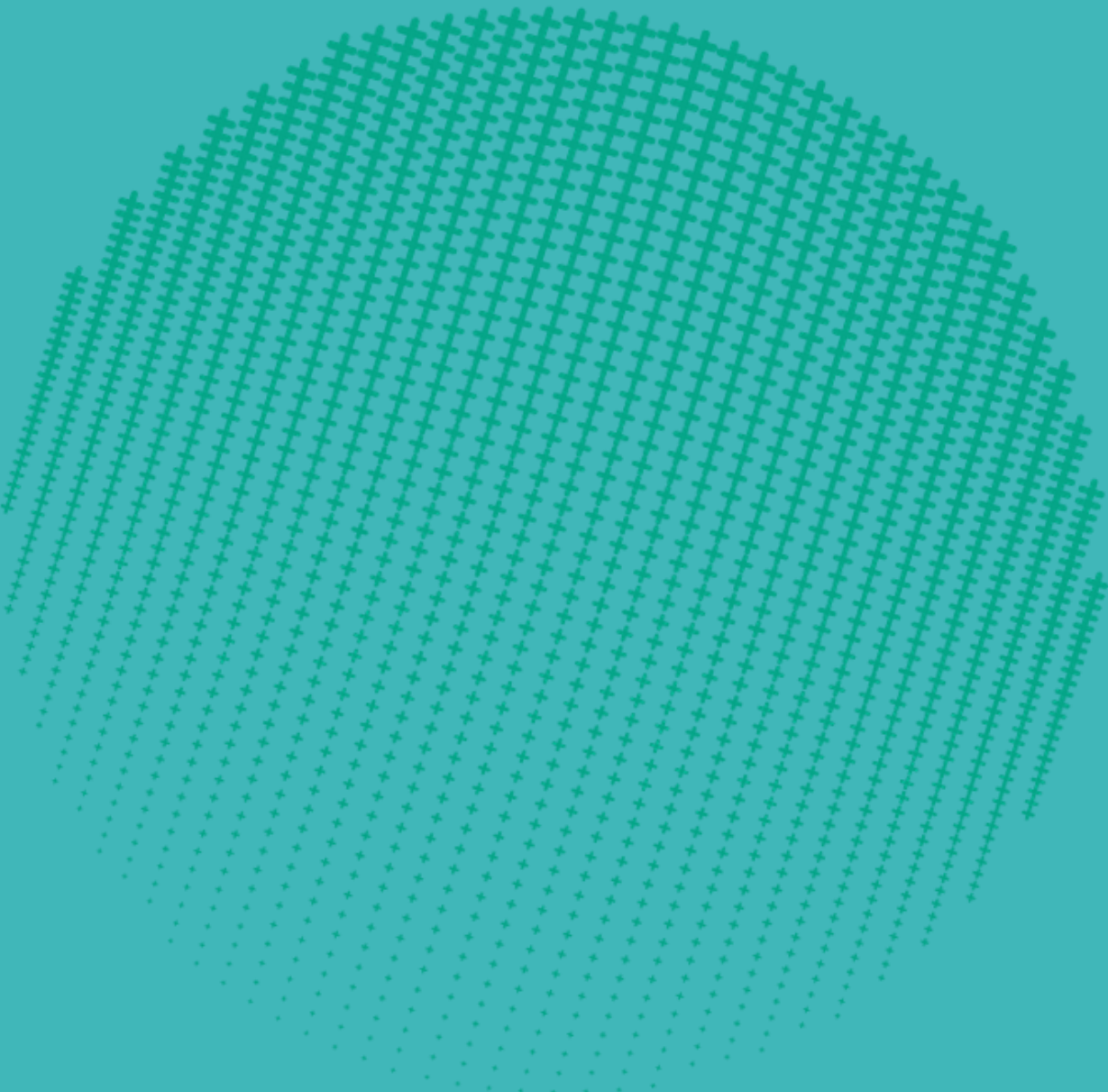

Allow you to meet others coping with the same struggles and learn tips and techniques for managing your anger.

- ✓ **Therapy**, either group or individual, can be a great way to explore the reasons behind your anger and identify triggers.

Therapy provide a safe place to practice new skills for expressing anger.



Conclusion:

- 
- ✓ Mastering the art of anger management takes work, but the more you practice, the easier it gets.
 - ✓ And the payoff is huge.
 - ✓ Learning to control your anger and express it appropriately will help you build better relationships, achieve your goals, and lead a healthier, more satisfying life.
- 

THANK YOU

CONTACTS

Phone No:
+254724468728

Website
<https://www.flourishcounsellingservices.co.ke/>

Email
info@flourishcounsellingservices.co.ke