



Managing Your Anger

Managing anger effectively starts with recognising your triggers and understanding your body's warning signs. By being proactive and practising strategies, you can regain control before emotions spiral.

Identify Triggers and Warning Signs: Recognising what triggers your anger is the first step in managing it. These triggers could be specific situations, like running late, dealing with a difficult colleague, or having unrealistic expectations placed on you. Keeping track of common triggers helps you anticipate and avoid them when possible. Additionally, pay attention to your body's warning signs—such as a racing heart, clenched jaw, or flushed face. Early awareness of these signs allows you to take action before anger escalates, helping you maintain control.

Learn Strategies for Managing Anger: Once you've identified your triggers and warning signs, developing strategies for managing anger can be key to keeping your emotions in check.

Control Your Thoughts: When anger takes hold, your thinking may become irrational or exaggerated. Try to replace these thoughts with more balanced, rational ones. For instance, instead of thinking, "This is awful and everything's ruined," try, "This is frustrating, but it's manageable. Getting angry won't solve anything, and I can work through it."

Self-Talk: Prepare calming statements to remind yourself how to stay in control. Focus on managing the situation rather than what others should be doing.

- **Before:** "I can handle this. I've got a plan."
- **During:** "Stay calm, relax, and breathe. I can stay in control."
- **After:** "I handled that well. I can do this again next time."

By recognising your triggers, becoming aware of warning signs, and using strategies to manage your anger, you can take steps to maintain a calm and controlled response in challenging situations.

Helpful resources:

MensLine Australia: <https://mensline.org.au/>

Black Dog Institute: <https://www.blackdoginstitute.org.au/>

Lifeline: 13 11 14



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