STRESS AND ANGER MANAGEMENT

Anger, Irritability, Aggravation, Impatience
Basic Emotions: Glad, Sad, Mad, Fear
Make Us Human
Neither Good or Bad
Emotion Cycle

EVENT

THOUGHT

CHEMICAL

EMOTION

REACTION

BEHAVIOR
Anger

- Intense emotional state induced by displeasure
- Can have the most deleterious effect on health
- Most toxic and deadly form of anger is hostility
- Causes elevation in blood pressure and rhythm disturbances
- Anger doubles the risk of heart attack for 2 hours
Anger Management

Is the matter worth my continued attention?

Am I justified?

Do I have an effective response?

NO

Reason with yourself

Are you still angry?

yes

no

ASSERTION

INTERVENTION
What is Stress?

- Stress is a natural reaction of the body to any demand placed upon it (pleasant or unpleasant).
- These demands may be environmental, emotional, societal, or physiological.
Eustress or Distress

- Wedding
- Job Promotion
- Retirement
- Vacation
- Birth
- Graduation

- Divorce
- Unemployment
- Financial difficulty
- Illness
- Death
- Disasters
Stress Response

- Fight or Flight Syndrome
- Sympathetic Nervous System Activation
Alarm Reaction

- Heart rate increases
- Blood pressure rises
- Respiratory rate increases
- Clotting factors activated
- Sweating
- Dry mouth
- GI tract slows
- Decreased sensitivity to pain
Relaxation Response

- Parasympathetic Nervous System stimulated
- Heart rate slows
- Blood pressure drops
- Respiratory rate decreases
- Clotting factors normalize
- Decreased sweating
- Metabolism normalizes
Signs of Chronic Stress

- Over/under eating
- Irritability
- Insomnia
- Excessive smoking and/or drinking
- Depression/behavior changes
- Chronic fatigue
- Muscle tension/spasms/pain
Diseases of Stress

- Hypertension
- Heart Attacks
- Ulcers
- Headaches
- Obesity
- Alcoholism
- Back/Neck Pain
Stress Management

- It is a decision making process whereby we use strategies to reduce stress or modify our reaction to stress.
- Alter the situation
- Avoidance techniques
- Acceptance

“You’re getting pretty good at this stress management thing.”
Relationship Skills

- Interact with/reach out to others
- Be with nurturing people
- Find your stress free zone
- Stand your ground
- Learn to say “no”
- Leave the scene
Time Management Skills

- Organize time and energy expenditure
- Set priorities/goals
- Make commitments and keep them
- Control the tempo; Slow down
Outlook Skills

- Attitude
- Accept your limits
- Talk nicely to yourself
- Use humor, laugh, smile
Self-Care Skills

- Exercise regularly
- Eat sensibly
- Take relaxation breaks
- Do stretching/yoga/meditation