

## When should you do something about anger?

It is time to admit that anger is a problem and to look for ways of dealing with it if your anger is:

- always on your mind and is starting to harm your enjoyment of life;
- caused by something that happened a long time ago;
- causing you to do mean things;
- making you act violently to others or to yourself;
- interfering with your ability to do your job or perform at school;
- hurting your relationships with your family and friends.

## Helpful Tips

Things to think about:

- learn to recognize what makes you angry.
- think about walking away before you are angry.
- practice thinking and saying: "I need to cool down then we will talk."
- leave the space if it is safe to do so (no children left alone).
- get help for your anger.

## Where To Go For Help

- Tell the RCMP
- Talk to someone you can trust
- Call or visit your local health centre
- Nunavut Kamatsiaqtut Helpline 7 p.m. – 12 a.m. (EST) 1-800-265-3333
- Assaulted Women's Helpline 1-866-863-0511
- Domestic Abuse Partner Helpline for Men and Women 1-888-743-5754
- Call Kids' Help Phone: 1-800-668-6868
- Ask for help: community health nurses, faith programs, and community services often provide advice and assistance if you contact them for help.

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# Coping with Anger

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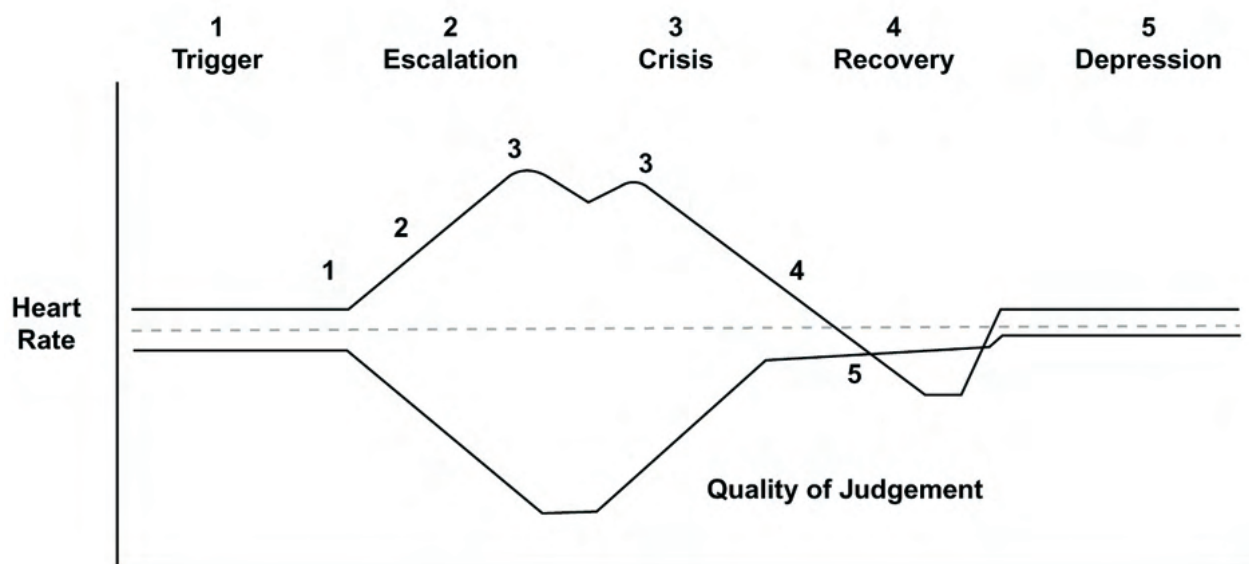
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# ANGER MOUNTAIN



In the picture to the left the dotted line represents calm. During the day we move from the line depending on how we feel and what is going on in our lives. When something stressful happens our body responds in a “fight or flight” reaction due to a rush of adrenaline. The reaction can be shaped like a mountain.

## STEPS:

1. Trigger – something that upsets or angers us (i.e. work, money, relationship issues, etc.)
2. Escalation – our anger builds and our ability to think and reason drops.
3. Crisis – at the top of the mountain our ability to think about our actions and their consequences is limited.
4. Recovery – as we come down from anger, our ability to think increases, but the damage has been done.
5. Depression – we feel bad, guilty and embarrassed for how we behaved and treated those around us.

We all feel anger from time to time. Anger is not a “bad” emotion, but it can be used to hurt other people when it is not controlled. Learning to express anger in a healthy way is important.

Listening to, watching or experiencing violence of any kind is extremely scary. If we live like that for a long time we may not cope in a healthy way when feeling stressed and we may act out, sometimes without meaning to.

## ANGER

It is important to understand how we respond when angry.

Some common feelings and reactions are:

Anxious	Pacing	Grinding teeth
Annoyed	Tense	Headache
Racing pulse	Nervous	Shaking
Clenching fists	Heart races	Sweaty palms

Identifying how we respond when we are angry can help us manage our response.

## How can I control my anger?

**Communicate** how you feel and why you are angry without saying something mean or doing something hurtful. You need to say what you feel and express yourself in a respectful way that is not demanding or controlling.

**Calming down** is another thing you can do when you get angry. What usually calms you down? Some examples are:

- Walking away
- Talking to someone
- Breathing (take deep breaths and count to 10)
- Going somewhere safe and yelling
- Listening to music
- Going for a walk/run
- Hitting a pillow

We are all different and what works for one person may not work for another. **It is important for you to find ways that work for you.**