

dealing with anger and other strong emotions in men

WHAT IS ANGER

"Anger is an emotional state that varies in intensity from mild irritation to intense fury and rage."

"Anger can be triggered by external or internal factors"

"When anger gets out of control it can lead to problems, problems at work, in your personal relationships and in the overall quality of your life."



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Associated with all anger related issues, men can experience physical, behavioural and mental symptoms which could be found in the following lists.

PHYSICAL INDICATORS OF ANGER

- Headaches
- Indigestion
- Heart palpitations
- Increased urination
- Increased sweating
- Muscle aches, pains and twitches
- Fatigue
- Clenched jaw and fists
- Nausea
- Disturbed sleep
- Constipation or diarrhoea
- Blurred vision

BEHAVIOURAL INDICATORS OF ANGER

- Loss or increase of appetite
- Inability to unwind
- Accident proneness
- Eating and drinking faster
- Increased caffeine and nicotine use
- Decline in productivity
- Walking faster
- Social isolation
- Poor time management
- Family and relationship discord

MENTAL INDICATORS OF ANGER

- Impaired judgement
- Negative thinking
- Loss of concentration
- Forgetfulness
- Indecisiveness
- Bad dreams and nightmares
- Poor memory

As anger is an emotional state, the following list of feelings can be underlying.

FEELINGS ASSOCIATED WITH ANGER


- Frustration
- Disappointment
- Worry
- Regret
- Fear
- Depression
- Powerless
- Undervalued
- Exposed
- Impatient
- Humiliated
- Rejected
- Hurt
- Guilt

Anger can be "triggered" by a number of different causes such as Chronic stress, illness or disability, loneliness, loss of job, financial crisis, relationship breakup, feeling hurt, criticized, embarrassed, frightened or misunderstood, frustrated or boredom.

Anger in men has become a societal problem as well as an Occupational Health & Safety issue in the workplace. If you are experiencing any of these symptoms, or you are concerned about your anger, please contact us.

The OzHelp Foundation

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