

Introduction

Although anger emotions have some useful aspects, such as leading to "arguments", acting with anger can lead to a breakdown in relationships. For example, you may have experienced yourself being angry and later falling into self-hatred. It's necessary for you to control your anger properly to live your social life smoothly. But, have you ever learned how to control anger? In the past, many people have been taught to be patient with anger, but few have learned how to control anger. For control anger, it's essential to know the nature of anger and to keep up with your anger. This leaflet summarizes how to control anger. By all means, read it once.



Welcome everyone

[Contact us at Center for Health Sciences and Counseling]

- Mon. – Fri. 9:00-17:00
- <http://www.chc.kyusyu-u.ac.jp/>

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**Center for Health Sciences and Counseling,
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(old health science center) 092-583-7685

**Center for Health Sciences and Counseling,
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(2nd floor, Design Commons) 092-553-4581



Selfcare series for students

[Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
5. How to get over failures
6. How to deal with parents during adolescent year
7. How to control anger
8. Transfer students
9. How to manage your schedule
10. Friendship at the university
11. Quit the university?
12. For students that plan to study abroad

[Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

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anger control



This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

Kyushu University

Center for Health Sciences and Counseling

Control of anger

1. Findings of anger

Catharsis effect is suspicious

For a long time, there has been debate about the “catharsis” effect of anger. However, recent findings have been dominated by research that supports the opposite view that anger rather increases aggression. Example) Divergence of anger using sandbag → Attack is improved.

Angry and sick

Many studies are showing the relationship between anger and mental and physical disorders, such as the relationship between anger and heart disease, and the relationship between anger and psychosomatic disorders through maladjustment of social life. It seems to be indispensable for a healthy life.

Anger management

In recent years, there has been an increasing number of classes in Japan that focus on human emotions in the form of stress management and interpersonal relationship training.

Before that, various management improvements were made at European and American educational sites, and anger management aimed at anger was also actively introduced at educational sites.

2. Anger control: sudden anger

The nature of angry emotions is characterized by the fact that they tend to burn violently, but they do not last long. Therefore, when anger is aroused, “to get rid of that anger” is an effective way to deal with it for the time being.

(Control of anger at the moment)

Deep breath

After all deep breath is a classic. A recent trend is to focus on the feeling of your body taking a deep breath (mindfulness). This also has the effect of “distraction” in which you do not have to keep your attention on the angry or angering target.

Leave the spot

Even if it is a little rude, it is better to offer a temporary exit, such as a restroom, rather than staying on the spot and getting angry. Once you leave the place, you can remove the peak of anger. You can also go to the bathroom. It has been shown that touching physical sedation (in this case cold water) is also effective in sedating anger by washing hands with cold water and washing the face.

Try to look objectively

If you have enough time to take a deep breath, you may be able to objectively see the other person's speech and behaviour that was just annoying. “I don't get angry with these words”, “Is this person a bad insect?” or “Oh, I wasn't sleeping enough today” ... I was overwhelmed by my anger while I was thinking a lot. It's probably not.

3. Anger control: angry anger

If you have an anger problem that usually makes you angry or reminds you of a particular anger episode over and over, you may want to consult the following methods. However, if you are struggling to control anger too much, you may consider using a consulting institution on campus.

(Control of angry anger)

Try to write

“Tell someone” is a good way to do it, but if you don't hear it well, your anger may increase. In that regard, a useful method you can do is to write down an episode of anger and your thoughts. The catharsis effect of exporting is well supported. Exporting seems to have a function that helps objective observation. However, please be careful not to express anger on SNS such as Twitter or Facebook. I don't know who is watching.

Prepare your mind and body

Staying sleepless, not getting enough food/nutrition, too many things to do, feeling strong pressure from the surroundings, etc. In a state where mental and physical exhaustion and excessive burden are recognized, everyone's boiling point of anger falls. The idea of preparing from the body and dealing with anger is extremely important (body-mind).

Attempt to modify the way of thinking

It is expected that the feeling of anger is likely to be aroused by those who have a perfectionism or who have a tendency to blame others. If you are familiar with these characteristics, it would be helpful to make an effort to gradually change the way you think. However, it is very difficult to know the habits of one's way of thinking, and it takes a lot of effort to change it even if you notice your way of thinking. If you still want to try to fix it, we recommend using a consulting institution on campus.

