

DEALING WITH YOUR ANGER IN A HEALTHY WAY

A FEW TIPS FOR MEN DURING THE COVID-19 LOCKDOWN



SHARE YOUR THOUGHTS AND FEELINGS

Men are socialized not to display forms of emotion such as worry, fear, regret, hurt, or sadness, for example "Men shouldn't cry", in that light, anger can often be an expression of those underlying emotions. This is very unhealthy, but a reality in our current world. Anger is an emotion that is not inherently bad. It is when anger is expressed in violent behaviors that it becomes detrimental to you and the people around you.

GIVE YOURSELF TIME

Allow your brain and yourself to return to normal. If you are with other people, simply communicate that you need to take some time to process because you are upset. Remember to reassure them that you will come back and talk about the issue. If the issue is with a loved one, you will talk with them when you are calm. The important question is how we spend that time.



CLEAR YOUR HEAD

It can be very helpful to distract yourself during this time. Make a list of things that usually make you calm or that you enjoy. This list could include watching TV, listening to music, exercising, taking a walk, sleeping, or praying. When you get angry take a Time Out and do one of these activities, depending on what is most appropriate at that moment, and allow yourself to calm down before you go back and address the issue.

FIND THE EMOTIONS BEHIND THE ANGER

This will make it easier for you to go back and talk about the issue without being violent or aggressive. imagine and rehearse how you would communicate your feelings in a way that are not hurtful or aggressive. Try to use statements that talk about how you feel and why, without putting blame on anyone. Talk to someone you trust who will be able to listen to you, validate your feelings and help you see decide how the situation can be resolved in a healthy way.



DON'T TAKE IT OUT ON YOURSELF.
DON'T TAKE IT OUT ON YOUR FAMILY.
WE ARE HERE TO LISTEN.

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