

## Stress and Anger Management Services

When we say anger management it refers to a system of psychological therapeutic techniques and exercise by which someone with excessive or uncontrollable anger can control or reduce the triggers, degrees, and effects of an angered emotional state.

Well, have you been try yelling a lot lately? Yeah, it's right even the calmest people have moments when it seems that nothing but yelling will do. There comes a time that you may yell to your children once in a while, or you may yell at your spouse for what seems like no reason, but don't worry this is often a result of too much stress. However, when you find that you are yelling every single day and the tiniest things seem to set you off, you may be in need of some anger management.

Don't think automatically that anger management is a program that you have to go through. If you are not violent, and just loud, there may be things that you can do on your own to alleviate some of your stress and resulted to cut down some of your feelings. Perhaps, this type of anger management can be done by learning relaxation techniques like yoga, or the breathing that comes with it, and even finding a way to vent problems and frustrations that might cut down on the tension. Journals can help, both online and paper.

We all know that working with other people can be a huge challenge. I have been working over the years as social worker and I have been working with different areas. My training and continuing education credits have concentrated on children with mental illness. Usually, children tend to be opened to addressing their issues; however adults usually get defensive and angry if it suggested that they also need help.

Actually, the nature of my work is working with resistive clients. Many clients that I work with have been ordered through a court hearing to cooperate with services. Having someone ordered to work with me, especially if they have anger or control issues sets the relationship up to be a rocky one. Many times the courts will also order people to attend anger management courses. Because this is a common requirement of the courts there are many mental health centers that offer anger management. Based on my knowledge that working with several mental health professionals to insure that there are specialized groups for the participants. It is important that all people with anger issues are not lumped into one group setting. I think it is helpful for people with domestic abuse issues to be in anger management classes with other domestic abusers.

Particularly, another issue is anger management with teenagers. However, there are times that anger comes from feelings of not being heard or being misunderstood. It is common for a teen to feel angry because they are caught between the years of childhood and adulthood. They are not old enough to do many of the things that they want to do and yet are too old to be cuddled. Most teens concentrate their anger towards their parents; there are a few that express anger towards all authority. In fact, teenage anger management usually works on healthy ways of expressing anger. It is important that teenagers learn that everyone gets angry from time to time and that it is alright to let people know that you are angry as long as you do so in a way where the other person feels safe around you. Healthy expression of anger is the goal of all anger management courses. Teaching techniques of how to express yourself and how to diffuse anger are key elements for a health group process.

Unfortunately, you can do also some anger management by thinking about what is is that makes you angry. I know that you may feel unappreciated, or you may just be in over your head with all that you do. That means you may have to ask someone to take some of the work off of your shoulders so that you don't feel so overwhelmed all of the time. Always bear in mind that, if people in your household are stressing you out above and beyond what you think is fair, you have to talk to them about it. Although, this can be a hard part of anger management, but it will do you good in the end.

Remember, you can't eliminate anger—and it wouldn't be a good idea if you could. In spite of all your efforts, things will happen that will cause you anger; and sometimes it will be justifiable anger. Life will be filled with frustration, pain, loss, and the unpredictable actions of others. You can't change that; but you can change the way you let such events affect you. Controlling your angry responses can keep them from making you even more unhappy in the long run.

## About the Author

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