

## SUPPORT GROUPS



### Lifeworks – Frankston

345 Nepean Highway, FRANKSTON 3199

**Phone:** 9783 7611

**Times:** Monday: 10am - 6pm

Tuesday & Thursday: 12pm – 8pm

Wednesday & Friday: 9am – 5pm

### SEA Change

A group for women interested in exploring some of their issues and concerns around recognising, expressing and understanding their own stress, esteem and anger. In this course you will:

- explore the nature and meaning of anger
- learn how to recognise the triggers for anger
- explore ways to link thoughts, feelings and actions
- look at the relationship between anger, stress and self care
- learn opportunities to improve communication using assertiveness techniques
- explore different ways of managing conflict
- focus on building a sense of self-esteem, self-worth and support.

Participants are given tasks to practice between sessions and time to practice techniques during the groups.

Courses for woman are run by request

Fees for courses are dependant on client's financial situation.

Health care card holders course fee is \$40

## MEDIATION & COUNSELLING



### Salvation Army Positive Lifestyle Counselling Service

Shop 6-7, 147-151 Foster Street,  
DANDENONG 3175

**Phone:** 9794 3500

**Times:** Wednesday 2pm – 3.30pm

Six week Anger Management program for both men and women runs regularly throughout the year. Bookings are essential as classes have limited numbers. An appointment is required before intake and fees paid prior to commencement.

This program acquaints participants with strategies to cope with various anger situations, and to identify and express their individual anger styles in an appropriate manner.

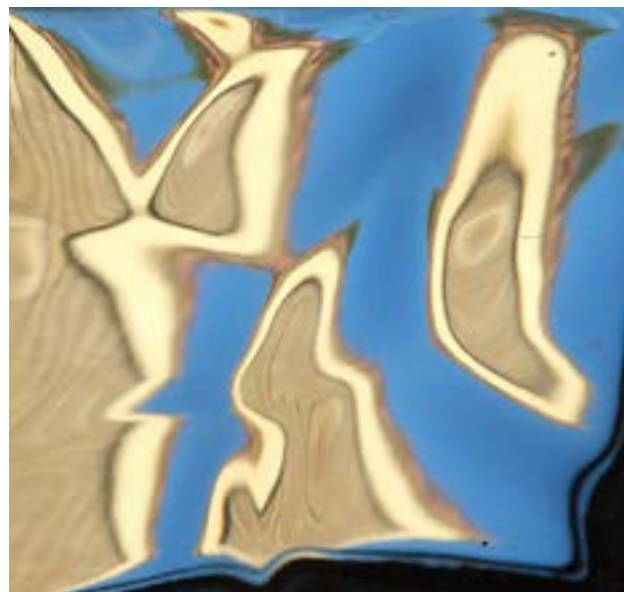
Program has set fees which are reduced if the client has a Health Care Card or can prove financial difficulty. This service MAY be fully funded if you are going through the court system and have a drug problem.

The agency also offers One-on-One counselling (small charge, reduced with HCC).

# Strategies to manage your anger

October 2018

## Support for Women



●strategies●contacts●  
●support●



35 Beach Street, Frankston  
Phone: 9783 7284

COMMUNITY SUPPORT FRANKSTON

Inc. Reg. No. A0000431J ABN 95 426 151 625

*Anger is caused by very real problems in our lives we face. Not all anger is misplaced, and often it's a healthy, natural response to a difficult situation.*

Anger is often associated with frustration or as a response to other negative emotions when things don't happen the way we want or people don't behave how we think they should. Misunderstanding or poor communication also causes anger.

Women experience and express feelings of anger differently to men who often find it easier to show their anger physically. Women may not feel they can openly express their true anger but 'bottle it up' or hide it behind tears when they feel pain, sadness or grief.

Some women display anger when they are feeling disappointment, embarrassment, frustration, frightened, worried or in pain. When you're angry, your thinking can become irrational and anger in women is often thought of as unpleasant and unfeminine.

### **Chronic anger**

Women are just as susceptible as men to the negative effects of chronic stress associated with unresolved anger but there is a difference between feeling angry and expressing it openly. When you are chronically angry, your feelings can be out of proportion to whatever provoked your anger. When anger remains long after the event it is worth thinking about what really lies behind it. Your anger does not have to be uncontrolled.

### **Try to manage the current situation**

Ask yourself 'Why am I angry now?' then focus on how you can manage the situation rather than what you think other people should do.

Try replacing 'I can't stand it', 'I've had enough' and 'everything's awful' thoughts with more useful, rational ones like 'it's frustrating, but not the end of the world' and 'getting angry is not helping' and you should find that this will make a difference to way you feel. Develop a list of things to say to yourself before, during and after situations that may make you angry.

#### **Before:**

'I can handle it, even though it might be rough'.  
'If I feel I'm getting angry, I can alter my mood'.

#### **During:**

'Look and stay calm, relaxed and breathe easy.'  
'I'm OK, it's not a personal attack'.

#### **After:**

'I can do it. I'm getting better at managing this.'  
'I felt angry, but I didn't lose it'.

### **Tips to manage anger and reduce stress**

- Avoid unrealistic goals or impossible deadlines
- Change "should" into "could" and "want to"
- Give yourself time to be by yourself
- Give yourself time to do nothing
- Practice relaxation and activities you enjoy
- Get enough exercise and sleep
- Eat healthy food
- Share the workload at home
- Don't compete with others
- Feel good about yourself
- Know it's OK to change your mind

## PERSONAL CRISIS



### **Contact phone numbers and websites**

#### **Beyond Blue Depression Initiative**

Website only: [www.beyondblue.org.au](http://www.beyondblue.org.au)

#### **Child Protection Crisis**

Phone: (24 hour) 1300 655 795

Website: [www.services.dhhs.vic.gov.au/child-protection](http://www.services.dhhs.vic.gov.au/child-protection)

After hours: 131278

#### **Lifeline** (24 hour)

Phone: 131 114

Website: [www.lifeline.org.au](http://www.lifeline.org.au)

#### **Mental Health Advice Line** (24 hour)

Phone: 1300 280 737

#### **Missing Persons**

Phone: 1800 000 634 (Free in Australia)

Website: [www.missingpersons.gov.au](http://www.missingpersons.gov.au)

#### **Parentline** (24 hour)

Phone: 132 289

Website: [www.education.vic.gov.au](http://www.education.vic.gov.au)

#### **Peninsula Community Mental Health**

Phone: 9784 6999 (AH) 9784 7161

Website: [peninsulahealth.org.au/locations](http://peninsulahealth.org.au/locations)

#### **Psychiatric Advice Line** (24 hour)

Phone: 1300 792 977

#### **Sudden Infant Death Syndrome**

Phone: 1800 240 400

Website: [www.rednose.com.au](http://www.rednose.com.au)

#### **Suicide Helpline** (Vic)

Phone: 1300 651 251

Website: [www.suicideline.org.au](http://www.suicideline.org.au)

#### **Suicide Prevention Australia**

Phone: (02) 9568 3111 NSW contact

Website: [suicidepreventionaust.org](http://suicidepreventionaust.org)

#### **Victims of Crime Helpline**

Phone: 1800 819 817