

Nine strategies to manage your anger

1. Be aware of the physical signs that your anger is building - fast heart rate and breathing, sweating, becoming agitated, sudden sensations of heat and flushing in the face, pressure building in your head, your stomach starts to knot, muscles tighten, especially the jaw and arms. These signs are indications your body is preparing for 'flight or fight' - a response to threat.
2. Tell the person you are angry with "I can't think properly, I'm getting too angry, I will talk about this when I've calmed down".
3. Take time out. Walk away from the situation for however long it takes. On a scale of 1-10, if your anger is more than 7, you will need at least an hour to calm yourself.
4. Distract yourself by thinking about something else. Go for a walk, jog, ride a bike — something physical that will burn up your energy. You could also ring a trusted relative or friend.
5. Practice relaxation or deep breathing. When angry, breathing becomes fast and shallow. Slow and deepen your breath for a calming effect. Take five long, slow breaths and relax the muscles in your arms and face.
6. When you are feeling calmer, ask the person to discuss the issue with you again, or invite them to make a time to discuss it. If you get angry, walk away from the situation again.

7. Consider how close you were to being abusive and think calming thoughts. Also think about how your arguments start and don't rehearse negative statements like blaming the other person etc. Back away when these thoughts start to build up tension.
8. Use walk away 'time out' to gain control over your anger and prevent physical violence or abuse. Don't try to use it as a form of control to end a disagreement.
9. Practise taking a 15 minute 'time out' at least three times a week even if you are not feeling aggressive. Do something you enjoy but never use this time to drink, take drugs or do something which upsets your partner. Come back right on time and continue what you were doing OR invite your partner to take 'time out' to do something they enjoy.

Try to view counselling as an sign of strength rather than of weakness.



**FRANKSTON COMMUNITY SUPPORT
AND INFORMATION CENTRE**

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Tailored information for Sole Parents
Project funded by FaHCSIA

Family Violence

March 2011

Support for Men



ANGER MANAGEMENT

FRANKSTON
COMMUNITY SUPPORT
INFORMATION CENTRE

**68 Playne Street, Frankston
Phone: 9768 1600**

“It is crucial men see counselling as a strategy to review and improve relationships rather than a last resort.”

Family Life

Domestic violence programs, counselling

37 Playne Street FRANKSTON

Phone: 03 9770 0341

email: info@familylife.com.au

Mates

Men's Behaviour Change Group - Family Life specialist family violence services

Phone the Duty Worker: 8599 5433

Email: webinfo@familylife.com.au

MATES program offers men the opportunity to learn and use alternatives to behaving violently or abusively. You may also be provided with individual counselling before or after the group program and, where appropriate, sessions with your partner. The Family Life counsellor maintains contact with your partner during the program to monitor wellbeing and, where possible, assist with the transfer of learning into the home and family relationships.

Where couples are separated and there is ongoing conflict over children, the counsellor implements strategies to maintain duty of care and promote safety.

Men's Behaviour Change

Life Works

345 Nepean Highway FRANKSTON

Phone: 9783 7611 or 9783 8633

13 Sessions. \$25 fee for each session.

Program provides opportunities for men who are creating problems in their lives with their violence, abusive or angry behaviour to learn new and more constructive ways of behaving.

It also assists men change the way they think and act so that they can form more respectful relationships with their partners, children, families, friends, or those at work. The program aims to provide immediate help, ideas, support and challenges.

All applicants require an appointment to attend an initial interview and then go into the next available group.

Salvation Army – Dandenong

Positive Lifestyle Counselling Service

147-151 Foster Street, DANDENONG 3175

Phone: 9794 9533

Times: Tuesday 9:30am — 10:30am (M & F)

Wednesday 6.00pm — 8.00pm (M & F)

Thursday 6:00pm — 7:30pm (men only)

Regular six week program. Limited class sizes so bookings are essential. An appointment is required before intake. Fees for the program are negotiable and in some cases MAY be free if you have been referred by a Court or solicitor.

Service also offers One on One counselling for \$12 per hour if you have a Health Care Card.

Frankston Community Health

Family violence programs, counselling

Frankston Integrated Health Centre

Phone: 9784 8100

Hastings Road FRANKSTON 3199

Melway Ref: 100A G11

Phone and Website Advice

Men's Referral Service

Calls are free, anonymous and confidential.

Phone: 9428 2899 Melbourne area, or 1800 065 973 (country Victoria)
Hours: 9:00am - 9:00pm, weekdays
Web: www.mrs.org.au

For men who are concerned about any of the following:

- Getting frustrated and exploding
- Being abusive to your family
- Feeling angry with the people you care most about
- Using violence in the home
- Feeling overwhelmed or confused
- Effect your behaviour is having on your children and those around you.

Men's Line

Phone: 1300 789 978

Hours: 24hrs, seven days a week

Web: www.menslineaus.org.au

Lifeline

Phone: 131 114

Hours: 24hrs seven days a week

Web: www.lifeline.org.au