

Controlling Ourselves

Can your stress and anger lead to an UNINTENDED result? Take this simple check list:

Stress & Anger Checklist – How Is Your Anger?

This simple checklist will give you clues as to your handling of stress & anger.

- People tell you that you need to calm down.
- You feel tense much of the time.
- At work or school, you find yourself not saying what is on your mind.
- When you are upset, you try to block the world out by watching TV, reading a book or magazine, or going to sleep.
- You have trouble going to sleep.
- You feel misunderstood or not listened to much of the time.
- People ask you not to yell or curse so much.
- Your loved ones keep saying that you are hurting them.
- Friends do not seek you out as much.

0 – 2 = Manageable: You may benefit from anger management training.

3 – 5 = Moderate: You need to learn more about what stresses you out and learn more about stress management techniques.

6+ = Out of Control: You have an anger problem and could benefit from learning anger management techniques.

Anger is a normal human emotion and can have both positive and negative results. Anger can help you fight longer and harder; however, physical/health effects from prolonged anger and resentment include:

- Heart attack
- Stroke
- Cancer
- Migraines
- High blood pressure
- Skin diseases
- Digestive disorders
- Disturbed sleep

Positive results of anger can help you to temporarily fight harder and longer and make you feel stronger for brief periods of time. In addition, can encourage some to take action for positive change.

*Source: The Quick Series, Luxart Communication

At MCCS Counseling Services, Family Advocacy Prevention & Education Specialists Catherine DeBlieck and /or Tanya Stuckey, certified anger management facilitators, offer monthly 4-session stress & anger workshops in a group environment. Call now to learn how to communicate more effectively, recognize and reduce stressors and learn steps to keep your anger under control before it leads to an UNINTENDED result. Call 830-6345 for reservations.