

Mental Health Awareness Series

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>



ANGER

Fly off the handle. Blow a fuse. Hit the roof. These are some expressions people use when they are angry. While anger is a natural emotional response to events that we perceive as upsetting, anger that is uncontrolled can have disastrous consequences. In fact, people were known to have regretted what they did or said when they snapped and lashed out in anger.

Whether it is 'petty annoyance' or something that justifies our anger, we are better off defusing the tension before the ticking time bomb sets off a trail of destruction, affecting our health, relationships and quality of life. Thus, mastering the ability to calm our frayed nerves is one thing in life that is definitely worth our while as it aids us in regaining control over our rationality.

For every minute you remain angry, you give up sixty seconds of peace of mind. *Ralph Waldo Emerson*

Tips on managing anger more effectively:

- ❖ Ignoring or suppressing our anger is not productive. There are various ways to quell simmering frustration on the onset. Some prefer to count to ten, some practise 'time-out', some choose to walk away with dignity – but do something that works for you to defuse the tension.
- ❖ If angry thoughts persist, deal with the tension through calming activities or resources such as exercise, arts, music or even appropriate use of humour. Communicating your thoughts and feelings in assertive and measured ways will also be helpful.
- ❖ "Grin and bear it" while harbouring resentment may lead to passive-aggressive behaviour. The goal of anger management is to defuse the anger, not to hide it. Nursing a grudge may turn toxic and result in feud, cynicism and even rage. Letting go of the bitterness requires one to cognitively reframe an upsetting event in positive and objective ways and/ or forgiving a person of the perceived grievous act. Seek professional help before the anger reaches boiling point.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

