

SOCIAL AND EMOTIONAL

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Anger Management

Rationale

Emotional control is a key to work adjustment and on-the-job success.

Objective

Help Deseret Industries associates to appropriately deal with anger so that they can be more successful in life, in completing their Development Plan (DP), and in receiving supervision.

Potential Discussion Items

- Observe the Deseret Industries associate's interactions with others, looking for indications that he or she may be agitated or angry. Take note of how he or she reacts to his or her own anger.
- Discuss with the Deseret Industries development counselor any red flags for anger issues if necessary. Potential red flags could include the way the Deseret Industries associate talks about and interacts with others, whether the associate has attended past anger management classes or counseling, and the way others react to the associate or feel around him or her.
- When he or she is obviously agitated or angry, ask the Deseret Industries associate how he or she is feeling, what is upsetting him or her, and so on. Most people will calm down when listened to and validated (if they feel they are being heard).
- Based on your own experience dealing with similar emotions, discuss with the Deseret Industries associate appropriate ways to manage emotions or stress and other healthy coping skills.

Suggested Resources

- Mind over Mood: Change How You Feel by Changing the Way You Think by Dennis Greenberger and Christine Padesky (1995).
- Anger management tips and resources: <http://www.angermanagementresource.com/free-anger-management.html>.
- Anger management workbooks: <http://store.samhsa.gov>.
- Information about managing anger: <http://www.freeangermanagementclass.com>.
- LDS Family Services: Some units have an anger management class, but all offer individual and family counseling.
- Local courts will often have referral sources for anger management classes or groups.
- Local government (county) behavioral health agency will often have anger management classes or groups.

