

# 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 a sign of strength rather than of weakness

COMMUNITY SUPPORT FRANKSTON  
Inc. Reg. No. A0000431J ABN 95 426 151 625

# Family Violence

February 2019

Support for Men



## ANGER MANAGEMENT



35 Beach Street, Frankston  
Phone: 9783 7284

“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**

Level 1, 146 Young Street, FRANKSTON

Phone: 03 9770 0341

email: [info@familylife.com.au](mailto:info@familylife.com.au)

## *Mates*

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

Phone the Duty Worker: 8599 5433

Email: [info@familylife.com.au](mailto:info@familylife.com.au)

The 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**

White Street Mall, FRANKSTON 3199

Phone: 1300 543 396

Cost for 20 week program is \$455 (\$325 for concession card holders). Fee of \$50 is also applicable for two intake assessments.

Non-refundable deposit required to secure a place in the program. **Please verify costs with Family Life.**

Program provides opportunities for men who create problems using violence, abusive or angry behaviour.

It also assists men to form more respectful relationships with their partners, children, families, friends, work colleagues. All applicants must attend initial interview - Intake fee \$50.

## *Salvation Army – Dandenong*

### **Positive Lifestyle Counselling Service**

147-151 Foster Street, DANDENONG 3175

Phone: 9794 9533

Times: Tuesday 9:30am — 11:00am (M & F)

Tuesday 12:00pm — 1:00pm (Counselling)

Wednesday 6.00pm — 7.30pm (M & F)

Thursday 6:00pm — 7:30pm (Men only)

Friday 2:30pm — 4:00pm (Men only)

Approximately a 10 week program. Limited class sizes so bookings essential. Appointment required before intake. Fees reduced if client has a Health Care Card or can prove financial difficulty. Service MAY be fully funded if you are in the court system with a drug problem.

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

## *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](http://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](http://www.menslineaus.org.au)

## *Lifeline*

Phone: 131 114

Hours: 24hrs seven days a week

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