

## SUPPORT GROUPS



### Relationship Matters – Frankston

White Street Mall, Frankston 3199

**Phone:** 1300 543 396

**Times:** Monday: 10am - 6pm  
Tue & Thu: 12pm – 8pm  
Wed & Fri: 9am – 5pm

### SEA CHANGE

A group for women interested in exploring some of their issues and concerns around recognising, expressing and understanding their own stress, esteem and anger. In this course you will:

- Explore the nature and meaning of anger
- Learn how to recognise the triggers for anger
- Explore ways to link thoughts, feelings and actions
- Look at the relationship between anger, stress and self-care
- Learn opportunities to improve communication using assertiveness techniques
- Explore different ways of managing conflict
- Focus on building a sense of self-esteem, self-worth and support

Participants are given tasks to practice between sessions, and time to practice techniques during the groups.

Courses for women are run by request. Fees for courses are dependent on a client's financial situation. Healthcare cardholders' course fee is \$40.

## MEDIATION & COUNSELLING



### Salvation Army Positive Lifestyle Program

1265 Frankston-Dandenong Road  
CARRUM DOWNS VIC 3201

**Phone:** 9775 1915

**Times:** Call for details on next intake

The Salvation Army's Positive Lifestyle Program is a fully supported eight module course that helps you gain a deeper understanding of who you are as a person.

In confidential one-on-one sessions with a trained facilitator, you will find the freedom to open up about the issues that might be holding you back and work through them to achieve healing and transformation. By the end of the program, you will be able to set realistic, achievable goals and be able to rely on your facilitator to hold you accountable to them in a gentle, supportive way.

The program has set fees that are reduced if you have a Healthcare Card or can prove financial difficulty. This service MAY be fully funded if you are going through the court system and have a drug problem.

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

COMMUNITY SUPPORT FRANKSTON

Inc. Reg. No. A0000431J

ABN 95 426 151 625

# Strategies to Manage Your Anger

April 2020

## Support for Women



## ● Strategies ● Contacts ●

## ● Support ●



35 Beach Street, Frankston  
Phone: 9783 7284

*Anger is caused by very real problems in our lives we face. Not all anger is misplaced, and often it's a healthy, natural response to a difficult situation.*

Anger is often associated with frustration or as a response to other negative emotions when things don't happen the way we want or people don't behave how we think they should. Misunderstanding and/or poor communication also causes anger.

Women experience and express feelings of anger differently to men, who often find it easier to show their anger physically. Women may not feel they can openly express their true anger, but 'bottle it up' or hide it behind tears when they feel pain, sadness or grief.

Some women display anger when they are feeling disappointed, embarrassed, frustrated, frightened, worried or in pain. When you're angry, your thinking can become irrational, and anger in women is often thought of as unpleasant and unfeminine.

### **Chronic Anger**

Women are just as susceptible as men to the negative effects of chronic stress associated with unresolved anger, but there is a difference between feeling angry and expressing it openly. When you are chronically angry, your feelings can be out of proportion to whatever provoked your anger. When anger remains long after the event, it is worth thinking about what really lies behind it. Your anger does not have to be uncontrolled.

### **Try to Manage the Current Situation**

Ask yourself 'Why am I angry now?', then focus on how you can manage the situation rather than what you think other people should do.

Try replacing 'I can't stand it', 'I've had enough' and 'everything's awful' thoughts with more useful, rational ones like 'it's frustrating, but not the end of the world' and 'getting angry is not helping', and you should find that this will make a difference to the way you feel. Develop a list of things to say to yourself before, during and after situations that may make you angry.

#### **Before:**

'I can handle it, even though it might be rough'. 'If I feel I'm getting angry, I can alter my mood'.

#### **During:**

'Look and stay calm, relaxed and breathe easy.' 'I'm OK, it's not a personal attack'.

#### **After:**

'I can do it. I'm getting better at managing this.' 'I felt angry, but I didn't lose it'.

### **Tips to Manage Anger & Reduce Stress**

- Avoid unrealistic goals or impossible deadlines
- Change "should" into "could" and "want to"
- Give yourself time to be by yourself
- Give yourself time to do nothing
- Practice relaxation and activities you enjoy
- Get enough exercise and sleep
- Eat healthy food
- Share the workload at home
- Don't compete with others
- Feel good about yourself
- Know it's OK to change your mind

### PERSONAL CRISIS



### Contact Phone Numbers & Websites

#### **Beyond Blue Depression Initiative**

Phone: 1300 224 636  
Website: [www.beyondblue.org.au](http://www.beyondblue.org.au)

#### **Child Protection Crisis**

Phone: 1300 655 795 AH: 131 278  
Website: [www.services.dhhs.vic.gov.au/child-protection](http://www.services.dhhs.vic.gov.au/child-protection)

#### **Lifeline (24 hour)**

Phone: 13 11 14  
Website: [www.lifeline.org.au](http://www.lifeline.org.au)

#### **Missing Persons**

Phone: 1800 000 634 (Free)  
Website: [www.missingpersons.gov.au](http://www.missingpersons.gov.au)

#### **Parentline (24 hour)**

Phone: 13 22 89  
Website: [www.education.vic.gov.au](http://www.education.vic.gov.au)

#### **Peninsula Community Mental Health**

Phone: 9784 6999 (AH) 9784 7161  
Website: [www.peninsulahealth.org.au](http://www.peninsulahealth.org.au)

#### **Psychiatric Advice Line (24 hour)**

Phone: 1300 792 977

#### **Sudden Infant Death Syndrome**

Phone: 1300 308 307  
Website: [www.rednose.com.au](http://www.rednose.com.au)

#### **Suicide Helpline (Vic)**

Phone: 1300 651 251  
Website: [www.suicideline.org.au](http://www.suicideline.org.au)

#### **Suicide Prevention Australia**

Phone: (02) 9262 1130 (NSW)  
Website: [suicidepreventionaust.org](http://suicidepreventionaust.org)

#### **Victims of Crime Helpline**

Phone: 1800 819 817  
Website: [victimsofcrime.vic.gov.au](http://victimsofcrime.vic.gov.au)