

Anger Solutions
Make Shift Happen
July 17, 2020

Anger has a way of ruining our days and for some people, their lives. Anger can work its way into destroying relationships, trust, and creating unwanted behaviour that many times we regret afterwards. Anger is a waste of valuable energy and unhealthy patterns of expressing anger can be unlearned. You can bring peace, love, and trust back into your life through investing in the Anger Solutions™ program offered through Canadian Mental Health Association Parkland and The Pas Region (Swan Valley Branch).

Terry Hatch, Peer Support and Public Relations facilitator at the local Canadian Mental Health Association Parkland and The Pas (Swan Valley Branch) office speaks volumes to the impact of this program. She believes that pieces of the Anger Solutions™ program should be adapted, and a part of the school curriculum starting in kindergarten and revisited into the early school years and beyond. She believes that understanding and dealing with anger at an early age could help prevent bullying and other potentially aggressive behaviours displayed by children and youth. It is at this stage that we can teach our children how to control their anger and understand the good results that can benefit an individual by dealing with situations in a rational and grounded position.

The program is offered over 10 weeks, meeting once a week for 60 minutes. There is a one-time charge of \$25.00 for the workbook which is a guide that is used throughout the program. During the program participants will be required to focus on self study and reflection. “The more that a participant delves into themselves and how they behave the greater the benefit and ultimately the outcome for finding solutions to their anger”, said Terry.

Terry states what the program involves saying “It starts by getting in touch with your emotions and feelings. Really getting to the root of why you are frustrated, mad, angry, hostile, or resentful. Anger is a normal feeling, but how we respond to that anger is what the primary focus of this program is.” Terry adds that the behaviour that comes from being angry is discussed, and how our behaviours when we are angry are our own choice. “Whenever you become angry you choose what your behaviour will be. You chose to build or destroy relationships through your actions. The Anger Solutions™ program takes you through the workbook and provides a participant with information to help them learn how to change their behaviour in relation to anger”, says Terry. The program however is only as effective as what the participant chooses to implement, meaning, just because someone completes the Anger Solutions™ program doesn’t mean that individual is “cured” from experiencing anger or expressing their anger using poor behaviour choices. For the information learned from the Anger Solutions™ program to work, the participant must put what they have learned into practice and then do just that, practice! It takes time and effort to make a change when it comes to anger and how we handle it but if someone is handling it poorly the effort can definitely be worth it in the end.

For further information about the Anger Solutions™ program contact Terry Hatch, CMHA, Peer Support Facilitator at 204-623-1028. Do not waste your energy being angry.