

Upcoming Workshop

4/22/09

The Gift of Anger
Landon Center

Our ongoing services:

- Stoppit Anger Support Group, every Wed. 6:30-8:30 PM at Family Health Care, Rainbow and SW Blvd
- Individual, Couples and Family Training
- Workshops- professional and consumer
- Presentations for professional staffs, churches, support groups
- Workplace and employee conflict resolution

www.anger.org



News from Anger Alternatives

Change



President Obama won his 2008 presidential election based on the need for “change”, and change has become the buzzword for growth and facing this new world. This issue of the Anger Alternatives newsletter addresses change and changes many of us are facing. Change has to start with each one of us taking responsibility for how we participate in our own worlds. We hope this article will be a support and help to our readers.

We are happy to announce that as of April 19th, we are moving from the Overland Park office to our new location:

**8014 State Line Rd.,
Prairie Village, KS, 66208**

The new phone number will be published at a later date. Our Missouri phone number remains the same 816-753-5118.

Jerry and Rusty

Coping with Change in Difficult Times (or "I Am OK!")

Dealing with unknown and not having control over situations in our lives is part of a reality that many people are facing and beginning to call their “new normal.” Life has always had its challenges, and with that, in the past we as Americans have been taught that if you work hard and follow the rules you and your family will thrive.

Maybe in the future that will be true again, but today, that often is not the case and this new normal is scary. Suddenly people are finding themselves coming up against issues they have never faced before, such as cut in pay, loss of job, extended unemployment and the chains of reactions set off by these events.

Are you feeling that your life is out of control and that you are losing a clear image of who you are? Are you losing your sense of self-confidence and self-worth?

At times like these, it can be helpful to examine the following questions:

- Do you feel that you need to be in control of what is going on around you?
- Is it difficult to keep faith in yourself?
- How do you handle change?

The only thing you can control is yourself. You have no control over other people or organizations and certainly not the local or global economy. It can be hard to keep your boundaries and not tell other people what they “should” be doing, especially if you feel they are doing the wrong thing and you are paying the price. When things feel like they are out of control, it is a

challenge to keep faith in yourself and believe that there will be a better day.

Acceptance is a key component to keeping faith. "It is what it is", no matter what is happening. Those words sound simple and yet accepting and believing them can be a major accomplishment, especially when you are the one who has to deal with the changes.

Keep in mind that acceptance does not mean defeat nor does it mean that you agree with or understand what is happening. It does mean that you realize that you have no control over decisions and actions made by others. The hard part is to deal with consequences of those decisions and actions, especially if you fear they may be harmful or hurtful to you and your family, like having to leave your home or take into your home family members who are in trouble.

Acceptance often requires a lot of stretching and adapting. It means releasing resistance and allowing for things that in the past you might not have considered to be suitable or even tolerable.

Another important tool to help deal with the changing times is communication. Open the lines of communication. Talk to and listen to those who are around you and to those who are close to you. Cutting yourself off and being alone will not relieve whatever it is that has built up inside of you.

The tendency to isolate when you feel overwhelmed with worry and fear is not productive or healthy.

It frequently causes fear to become exaggerated and then makes it into an even larger obstacle than it originally was, leaving you to handle the situation alone. Isolation also tends to lead to defensiveness and aggression, which in turn can alienate and undermine personal and working relationships.

Learn to trust yourself. Recognize that even though you are scared and that you don't feel strong, you still have the wisdom of your experience and you can manage the load you carry, even though you may not always feel that way.

A helpful mantra for fearful and stressful times is:

- I feel fear
- And I don't feel OK
- And I am OK

Mismanaged stress and anger can often lead to hurting those you care about and undermine your own credibility.

Well managed stress and anger leads to solutions and directions that work and help everyone to feel safe.

There is no magic wand in this world, and the words we offer will not find someone a job or prevent a foreclosure on a home, but they can hopefully help by providing some coping skills and tools to manage these challenging times and bring some balance into your life.

If you find yourself dealing with too much stress or taking the stress you feel out on others, reach out and ask for help. Get the support you need and deserve.

For more information on dealing with anger issues, please visit anger.org or contact us at 816-753-5118.