

stuff to
make life
easy!

Good to know

There are ways to control your anger

Do you fly into a rage when someone pushes past you or blow a gasket when another driver nabs your park? Lee Town, Director of the Anger Management Institute of Australia (AMIA), says we all feel angry at times. 'Learning to understand your anger gives you the power to change destructive behaviour,' Lee explains. Here are some strategies to help you recognise and deal with anger.

Understand your anger

There are two types of anger. External anger is more common in men. Internal anger is usually found in women and linked to frustration, disappointment and depression. Try to understand your thoughts when you feel angry.

IF YOU DO JUST ONE THING

Be honest about your feelings and communicate them to others.

How to MANAGE ANGER

Learn your trigger points

Be honest with yourself. Are you permanently tired and angry? Tiredness leads to irritability making us more likely to snap. It also causes depression and low moods, which can be linked to anger. If you have prolonged insomnia seek medical help. Come clean about issues or qualities in people that drive you crazy and try to recognise a pattern behind your anger.

Communicate

A lot of anger comes from bottling up emotions until they overflow and spiral out of control. Be up-front with your own feelings and become more assertive. Calmly and politely tell people what upsets you before the situation escalates. Explain what makes you angry and why. Whether it's the dishwasher not being emptied, your partner not disciplining the kids, or the kids leaving their rooms a mess. Be specific. Remember people aren't mind readers.

Relax

We're so busy trying to fit everything into life it's not surprising we lose the plot. Reduce stress and anger by exercising three times a week. Working up a sweat prevents anger and is a great outlet for pent-up emotions. Pay attention to your diet, too. A healthy diet helps your body keep everything in balance. Try meditation or yoga, or just deep breathing to get yourself to a calmer space.

If anger becomes physical

If you become a victim of domestic violence seek help immediately, call Triple-0 or Lifeline on 13 11 14. For the person reacting violently, try to persuade them to

go to anger management counselling or consult their GP. Everyone will benefit. ■
For more info on anger management courses visit www.angermanagementaustralia.com.au.

Call time out

Devise a plan with loved ones on how you'll tackle crisis situations and sit down together. This stops the adrenaline induced by pacing up and down. Set an egg timer and give each person three minutes to talk. Calm down, stop yelling, and start listening.



Nothing beats the classics and I can't wait to get stuck into these ones this week. Give them a go too and let me know what you think of them!

Livida

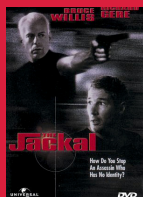
what we're...

watching

The Jackal (1997)

This is one of my favourite movies. Starring Bruce Willis and Richard Gere, this suspense thriller follows the story of the mysterious assassin known only as The Jackal.

Brent Richards, Heybridge, Tas



watching

The Lion King (1994)

This timeless classic always brings me great optimism and demonstrates Disney's great ability to tell a real story. It can be enjoyed at any age and despite being an animation brings me to tears.

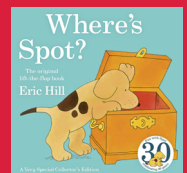
Emma Robertson, Oatley, NSW



reading

Where's Spot?
By Eric Hill
I'm reading about

Spot the dog because I like the pictures - they are spotty.
Stephen Ault, five, Bondi, NSW



Can you recommend a great read or must-see movie? Email tl.watch@pacificmags.com.au or write to GPO Box 7804, Sydney, NSW 2001. We'll pay \$25 for each one printed.