The Expert Says-Summer 2015

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Tom G. Stevens, PhD, a psychologist and professor emeritus at California State University, Long Beach, and the author of You Can Choose to Be Happy: “Rise Above” Anger, Anxiety and Depression, says that “every moment of anger is one less moment of happiness.”

What is the best way to regain control after becoming angry?
Identify what’s driving your anger. Imagine anger’s consequences, find “win-win” solutions, rethink the situation, distract yourself, or use constructive, vigorous activity until your anger loses steam.

How can we defuse the anger inside us when we make a mistake?
Ask key questions to better see why you made a mistake. Maybe your goals or expectations were unrealistic. View mistakes as opportunities to learn, become stronger and improve your chances of success in the future.

What are some simple activities people can do to help reduce anger?
There is no simple way or activity to get rid of a chronic anger-aggression problem. Rethinking and vigorous exercise are probably the quickest and easiest ways to immediately realize short-term relief from anger.

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