



News Release

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ANGER IS ONE SMALL LETTER AWAY FROM DANGER

Tampa, Fla. (February 1, 2007) Recognize that anger is a basic emotion that all people experience. People differ in how often they get angry, the amount of anger they feel, and the actions they take when angry. Anger itself is neither good nor bad. It can, however, have beneficial or destructive consequences depending on how we handle it.

Take responsibility for your anger. Situations do not make us feel a certain way—feeling angry results from how we view a situation and what we tell ourselves about it. Identify the thoughts and beliefs that trigger your anger. Often, these involve a perception of injustice or unfairness (to self or others), or beliefs that we should or must have things go the way we want. Also, make a conscientious effort to be flexible. Try to view conflicts as problems requiring solutions, rather than battles to be won or wrongs to be righted.

Learn how to be assertive. This means having the ability to honestly express how you feel and what you need while respecting others. Think positively. Telling yourself "I can handle this without becoming upset", "there is nothing to be gained by blowing up", or "keep your cool, stay focused on the problem" will enhance effectiveness and self control in the face of conflict.

Take a break when needed. Mentally "stepping back" from the conflict is often helpful in thinking through a problem, in order to maintain perspective and prevent overreaction. Try slowly counting to 10 or taking a few deep breaths, exhaling slowly. Do more than once if needed!

Develop a regular and realistic physical exercise routine. This promotes feelings of well being, enhances relaxation and helps buffer the effects of stress. Exercise need not be strenuous to be beneficial.

Maintain social support. Find others you can trust and relate to openly. Talking things out with a good listener can help us put things in a more realistic perspective and decrease feelings of pressure and frustration.

Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact the EAP regarding any concern that you might have – you don't have to wait until a problem becomes big to seek help. Above all, keep in mind that if you are struggling with difficulty controlling anger – or any other concern - help is a phone call away.

About Wood & Associates

Wood & Associates is an Employee Assistance Program and behavioral health consulting firm that helps employers maintain productivity, safety and behavioral health in the workplace. Wood & Associates is a pioneer in the Employee Assistance Program (EAP) industry and has served employers and employees in the greater Tampa Bay area and nationwide since 1982. The firm's diverse group of clients includes a number of major employers who also contract for its mental health and substance abuse services.

Gary L. Wood, Psy.D., founder of the Wood & Associates consulting practice, is a pioneer in the field of Employee Assistance Program (EAP) services. Since 1979, his practice has

centered on providing solutions to employee and organizational problems. Wood is a licensed clinical psychologist, a member of the National Register of Health Service Providers in Psychology, and a graduate of Rutgers University, West Georgia College and Mercer University.

Patricia N. Alexander earned a Ph.D. in mental health counseling at the University of Florida. Trained in critical incident stress management through the International Critical Incident Stress Foundation, she is a Florida Licensed Mental Health Counselor and nationally certified counselor. Through her work experience she has addressed all types of critical incident situations, including explosions, multiple homicides, suicides, line-of-duty deaths, serious accidents and robberies. Alexander conducts training on stress management for law enforcement and businesses, and has developed peer support programs for law enforcement and industry. Alexander is an educator and consultant on a wide variety of behavioral health concerns.