



# Communication Tool Kit

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PHYSICAL, MENTAL, SPIRITUAL, SOCIAL, FINANCIAL





## June (Managing Anger & Irritability)

### Vignette:

You are home alone with your three-year-old son. He keeps asking you the same question and you don't have the patience to deal with this today. Your head begins to ache and you notice your pulse increasing. He can sense your frustration and throws his plate

of food to the ground and begins to cry. You walk into the next room and punch a pillow and scream. This is the last thing you need to deal with today and your frustration tolerance is at an all time low. You internally blame your partner for leaving you today when they know you have had a lot on your plate. You instantly regret your over reaction and negative thoughts and find yourself tired, defeated, and not knowing where to turn. **What do you do next?**

- A) Leave the house immediately. You don't have to put up with this.
- B) Call a family member, friend, neighbor, or sitter and see if someone can watch your son while you take a minute for yourself
- C) Take time for yourself throughout your day; find something that brings you joy and allows you to destress in the moment (mindfulness, grounding techniques, breathing, cooking, lighting a candle, cold water, etc)
- D) Call your partner and tell them to return home immediately and blame them for your over-reaction
- E) Recognize the signs of anger/irritability and know when to get help

### Best Answers: C and E, also B if it is an option for you

This vignette is an example of how anger and irritability can play out at home. It is usually taken out on those closest to us (friend, partner, pet, loved one). You will still have responsibilities and obligations to uphold and figuring out how to manage them when you are not in the mood to do so is important. The same signs and symptoms displayed in this example can apply to the workplace.

### Common things that make people angry in the workplace:

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| ⇒ Not being listened to                           | ⇒ Being frustrated that no one believes you   |
| ⇒ Being threatened                                | ⇒ Getting confused about what is going on     |
| ⇒ Being made to feel you were stupid              | ⇒ Having people lie to you                    |
| ⇒ Being made to feel like you did something wrong | ⇒ Have people talk about you behind your back |
| ⇒ Having someone disagree with you                | ⇒ Heavy or unreasonable work load             |

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### Discussion Q & A:

- ⇒ Have you thought about what you can do in your home to help you destress while still upholding all your other responsibilities (watching kids, pets, being a spouse or partner)? What techniques do you use that work for you?
- ⇒ We all have experienced anger or irritability before. At what point would you decide to get help? How do you know when you have gotten to that point?
- ⇒ How do you think your family/friends are affected by your anger/irritability?

Remember, anger is an entirely natural emotion, and it is usual to feel angry when you have experienced injustice. However, whether this injustice results in angry outbursts, comes down to how you deal with it. Anger becomes dangerous when it causes harm to you or others. Anger management difficulties can lead to the loss of relationships, opportunities such as jobs and education etc., and may also lead to loss of liberty i.e. criminal convictions.

While it's important that anger doesn't get bottled up, maintaining control over your anger is important. Being able to remain calm offers an opportunity for the negative impacts of anger to be reduced and not affect your relationships, crucial to maintaining calm, and ensures that outward expressions of anger don't negatively impact your relationships. Sometimes maintaining this calm can be achieved with therapy, where a specialist can teach coping methods to manage feelings of anger.



## Follow-Up Resources

- Army Director of Psychological Health (DPH): 1-877-504-2358
- Air Director of Psychological Health (DPH): Patricia Weiner (608-234-8820) & Emily Barrett (608-400-5275)
- Chaplain: 608-630-1660
- Army Military and Family Life Counselor (ACS :: Ft. McCoy :: US Army MWR), 352-801-2742
- Air Military & Family Life Counselor: Alicia Zenk, 608-215-3037
- Soldier and Family Readiness Specialist Number: 1-800-292-9464 (Option 1)
- Airman Family Readiness: Jerry Hook (115FW/Volk), 608-245-4654 & Amy Thompson (128ARW), 414-944-8249
- Comprehensive Health and Wellness Courses: [Wisconsin Service Member Support Division \(wisconsinmilitary.org\)](https://www.wisconsinmilitary.org)
- Military One Source: 1-800-342-9647, or [Support for Military Personnel & Families | Military OneSource](https://www.militaryonesource.com)
- The Calm App – free to download on Apple or Android. Walks you through meditation exercises and so much more.



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## Feedback from the Field:

### Thank you from the Operation Resilience Team!

We know your time is valuable and we want to thank you for setting aside some time to talk over these topics. Your feedback is highly encouraged and welcomed.

We would love to hear your thoughts and ideas as to how well these discussions were implemented as well as how well they were received. For feedback, suggestions or even any success stories that you would like to share, a survey can be completed at:

<https://www.surveymonkey.com/r/MSD2021>

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