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**W**hile anger is rarely addressed, research shows that anger is an emotion that is as problematic as anxiety and depression. Young college students are especially prone to hostile feelings. Studies confirm that anger education in college helps reduce family violence later in life. People who have learned about anger and the healthy ways to use it report positive outcomes, experience resolution, and feel effective in addressing an emotionally charged issue.

**Some anger facts:**

- Expression of anger is learned behavior.
- It is a product of one's thinking.
- It can be healthy or unhealthy depending on the way it's expressed.
- When anger is suppressed, it is as unhealthy as explosive anger.
- Anger can result in the following problems:
  - High stress levels
  - Sexual difficulties
  - Poor work performance
  - Damaged relationships
  - Poor concentration
  - Higher propensity for stroke
  - Heart problems
  - Increased risk of cancer

**Mission Statement**

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

**Pat Walker Health Center  
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Accredited by  
**Accreditation Association  
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*A Member of  
the Division of Student Affairs*



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# ANGER



**Counseling and  
Psychological Services**

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## Why do people need to learn about anger?

Anger occurs in many interactions – among friends, peers, colleagues, parent/child, teacher/student, and boss/employee. Most people feel distressed when they are angry, leaving little room for innovative and positive results.

The University of Arkansas and many other campuses have seen the result of inappropriate anger expression. College students are often prone to anger because of key issues:

- High stress levels
- Parental or self imposed expectations
- “Type A” personality
- Fear of failing
- Volatile personal relationships
- Feeling inadequate or grandiose
- Financial pressure



## What is the Anger Management Program?

Counseling and Psychological Services (CAPS) provides sessions to students, faculty, and staff to learn about anger in general as well as one’s own anger.

Some of the subjects covered include the following:

- The physical and emotional effects of anger
- The difference between constructive and destructive anger
- Effective communication and other techniques to use when feeling angry
- How to identify angry triggers
- How to respond to an angry person in a healthy way

## How do I refer someone to CAPS or learn more myself?

CAPS offers various methods of delivery:

- Presentations to classes, student organizations, and faculty/staff groups.
- Short-term individual sessions scheduled with a trained therapist
- Short-term group programs

Counseling & Psychological Services (CAPS) is available for consultation without an appointment. Call 575-5276 for days and times.



## What can I do if someone else needs help?

When one individual learns about anger and how to use it constructively, he or she helps others by modeling effective communication, resolving conflict and seeking positive resolution.

You can help yourself and others by doing one or more of the following:

- Become educated about anger and its expression – especially your own
- See anger education as a positive step in the communication process
- Be aware of people who argue frequently or argue inappropriately, use verbal or physical aggression or have a problem expressing their anger in a constructive way.
- Refer people to CAPS who might benefit from anger management training.

