



UICS NEWS

Can you believe that spring has finally come? Even though there are still some days that make me wonder if Mother Nature is playing jokes on us, she always comes through with another new and fresh start. That's what is happening at Upper Island Counselling Services this year – new growth.

UICS is getting ready to increase its presence in the neighbourhood. Did you know that we have been providing EFAP services to our member companies for 27 years and that over those 27 years we have reached out and offered services to all communities on the North Island?

There have been some ups and downs for our not-for-profit society, with downsizing and closures of large member companies. This has meant that we have had to take a long hard look at how to keep UICS viable into the future and to come up with a good plan for our sustainability. Over the next six months, we will be making some new changes to secure that sustainability and we will be calling you to help out.

I want to thank you for your continued support of Upper Island Counselling Services and look forward to sharing more with you about our new business and marketing plan. Look for new changes on our website coming soon at www.uics.ca.

Garth Greatheart, MSW RSW
Executive Director



Anger Management: 10 tips to tame your temper

Do you find yourself fuming when someone cuts you off in traffic? Does your blood pressure go through the roof when your child refuses to cooperate? Anger is a normal and even healthy emotion — but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships.

No. 1: Take a timeout

Counting to 10 isn't just for kids. Before reacting to a tense situation, take a few moments to breathe deeply and count to 10. Slowing down can help defuse your temper. If necessary, take a break from the person or situation until your frustration subsides a bit.

No. 2: Once you're calm, express your anger

As soon as you're thinking clearly, express your frustration in an assertive but non-confrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

No. 3: Get some exercise

Physical activity can provide an outlet for your emotions, especially if you're about to erupt. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other favorite physical activities. Physical activity stimulates various brain chemicals that can leave you feeling happier and more relaxed than you were before you worked out.

No. 4: Think before you speak

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything — and allow others involved in the situation to do the same.

No. 5: Identify possible solutions

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening — or agree to eat on your own a few times a week. Remind yourself that anger won't fix anything, and might only make it worse.

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Welcome New Members

We are pleased to welcome the employees and family members of Heritage River Inn, Mount Sicker Enterprises, and Spirit of the West Adventures Ltd.

Anger continued

No. 6: Stick with 'I' statements

To avoid criticizing or placing blame — which might only increase tension — use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes," instead of, "You never do any housework."

No. 7: Don't hold a grudge

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation. It's unrealistic to expect everyone to behave exactly as you want at all times.

No. 8: Use humor to release tension

Lightening up can help diffuse tension. Don't use sarcasm, though — it can hurt feelings and make things worse.

No. 9: Practice relaxation skills

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as, "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation.

No. 10: Know when to seek help

Learning to control anger is a challenge for everyone at times. Consider seeking help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you. You might explore local anger management classes or anger management counselling.

With professional help, you can:

- Learn what anger is
- Identify what triggers your anger
- Recognize signs that you're becoming angry
- Learn to respond to frustration and anger in a controlled, healthy way
- Explore underlying feelings, such as sadness or depression

....www.mayoclinic.org



I am more and more convinced that our happiness or our unhappiness depends far more on the way we meet the events of life than on the nature of those events themselves.
Wilhelm von Humboldt

The reason we feel hurt and anger when things and people outside us let us down is because we believe those things and people shouldn't.
Peter McWilliams

When you have to make a choice and don't make it, that is in itself a choice.
William James

Couple's Corner



Communicating through anger

Angry people tend to jump to—and act on—conclusions, and some of those conclusions can be very inaccurate. The first thing to do if you're in a heated discussion with your partner is slow down and think through your responses. Don't say the first thing that comes into your head, think carefully about what you want to say. At the same time, listen carefully to what the other person is saying and take your time before answering.

Listen to what is underlying their anger. For instance, you like a certain amount of freedom and personal space, and your partner wants more connection and closeness. If he or she starts complaining about your activities, don't retaliate by painting your partner as a jailer or a warden. Instead, recognize that he/she is trying to express their needs for connection.

It's natural to get defensive when you feel criticized, but don't fight back. Instead, listen to what's underlying the words: the message that your partner might feel neglected and unloved. It may take a lot of patient questioning on your part, and it may require some breathing space, but don't let your anger—or a partner's—allow a discussion to spin out of control. Keeping your cool can keep the situation from becoming a disastrous one.

....American Psychological Association

We welcome Graham Walker to our staff.



Graham holds a Master of Arts degree in Counselling Psychology from the Adler School of Professional Psychology, and a Bachelor's degree in Sociology from the University of Victoria.

Graham is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors, and has been doing various forms of counselling work since 2006.

Graham's areas of clinical specialty include anxiety, depression, relationship issues, grief, and stress management. He works with adults and youths, and has experience working in individual, couple, and group counselling settings. He uses a humanistic, client-centered approach in his work, and also employs cognitive behavioural and solution-focused therapeutic techniques.

Through his graduate research, Graham has developed a special interest in mindfulness-based practices for the promotion of higher levels of personal potential.

Graham works in our Campbell River and North Island offices.