

# Coronavirus

## How to Handle Anger and Frustration

We all experience stress throughout life. However, being confined during the current pandemic presents a unique set of challenges that can lead to anxiety and depression. Long periods of stress can negatively affect coping skills. Little irritations can build into greater frustration and lead to different expressions of anger. While anger at times is justified, it can also be an energy that feeds on little irritations, fear and the need for control over it.

### Negative energy is expressed in several ways:

- Becoming short-tempered with loved ones
- Making sarcastic or mean-spirited comments
- Engaging in little fights that become bigger ones
- Being self-centered and ignoring others' needs
- Increasing use of alcohol and drugs

### Negative energy can lead to:

- Feeling out of control
- Trying to control others
- Lashing out at significant others verbally
- Lashing out physically
- Entering into a cycle of abuse

Essential workers' fear of contracting COVID-19 can lead to a feeling of loss of control as employees must continue to work. Arriving home after battling the day, tolerance levels can be worn down. Little things that would have been small irritations are now blown out of proportion. Reacting to the family's fears and frustrations after a stressful day of work can be the start of an anger cycle. If not addressed in the moment, the anger can lead to verbal or physical abuse. To address this anger takes self-awareness and positive action to prevent the abuse of our loved ones.

### The following are ways we can deal with the anger and stress associated with COVID-19:

- When feelings of anger arise, ask "What can be done to calm down?"
- Take three deep breaths and think about how best to handle the situation before quickly lashing out.
- Remove yourself from the situation.
- Release your anger in a more constructive way. Call a friend, take a walk, work out, etc.
- Try to imagine how you would like to handle the stressor in a positive way.
- Be aware of what triggers your irritability, frustration and anger.
- Communicate your stressful feelings and ask for help on how to handle them better.

**There may come a time when the anger is overwhelming; you have tried to calm down and cannot. This may be the time to reach out to your EAP and get professional help to find more ways to work through your stress. We are here for you and your family. Give us a call or visit us online at [EAP4YOU.com](http://EAP4YOU.com).**