



# Daily Dose

Monday, June 2



## Happy Birthday!



Jody Kumlien  
Guest Services  
June 1



Angela Corell  
Specialty Clinic  
June 2



Denise McDermott  
Medical Imaging  
June 2



Teresa Sylte  
Medical Surgical  
June 4



Amy Sturino  
Emergency Room  
June 5



Tina Strandlie  
Emergency Room  
June 6

# Happy Anniversary!



Lisa Bear  
Health Information  
June 1  
16 Years



Kelsey Delehanty  
Medical Surgical  
June 1  
4 Years



Marisa Ludlum  
Emergency Room  
June 4  
7 Years

# GAINING RESILIENCY THROUGH ANGER MANAGEMENT

## EAP Article Series

Anger is a powerful emotion, but not so powerful that it can't be managed. An excellent starting point is coming to the realization that when you constructively manage your anger, you gain greater life resiliency.

Anger occurs more frequently than you might think. In fact, on average, men and women become angry approximately 16 times each day (defined as ranging from impatience to hostility).<sup>1</sup>

How much do you know about anger? What do you know about your own anger? Does it serve you well or add stress to your relationships? Are you able to manage your anger effectively? Let's take a closer look at anger, and ways that we can better manage it.

### Triggers

The first step in proactively managing anger is to identify the situations and events that trigger it. Following are some triggers to anger:

- Hurt pride
- Disrespectful actions
- Humiliation or embarrassment
- Angry reactions from others
- Expectations not met
- Feeling tired or overwhelmed
- Lack of money, time or emotional support

Recognizing what triggers your anger can help you manage it. Of equal importance is to recognize how anger manifests itself in your daily life. Some common examples include:

- Physiological — You may find yourself feeling flush or hot, tense or irritable; you may experience a headache, stomachache or a rise in blood pressure
- Cognitive — You might engage in negative self-talk such as: "It's not fair," "No one cares," "I'm being picked on," "He/She is the reason I'm angry" or "They shouldn't be allowed to . . ."
- Behavioral — You might actually strike someone. Other common behaviors are blaming, isolating, threatening, being demanding, verbal abuse or acting out.

By being aware of the effects of anger on your body, mind and behavior, you can begin to address and reduce it.







## Helping Kids Manage Anger

Young children lead challenging lives. Learning is hard work: how to crawl, eat, drink, walk, talk, etc. — it's a lot to take in. Older kids don't necessarily have it much easier. They're dealing with awkward physical transformations, confusing new emotions, homework, peer pressures and more.

With so many changes happening at once, it can be frustrating. When frustration reaches levels that are difficult to manage, anger is often the result. Most of us want to raise children with enough control to channel their frustration into effective action, but not so much control that their energy and spirit are suppressed.

The following tips may help you raise children with good anger-coping skills:

### **Set guidelines.**

Clearly define your expectations and let your children know the consequences if they express their emotions in an inappropriate manner.

**Let your children know that it's normal to get frustrated and mad.**

### **Teach your children to stop and think before they react.**

If they need a cool-off plan, give them options, such as basic deep-breathing skills, drawing, physical exercise or play, taking a break, etc.

### **Be available to listen to their frustrations.**

Open the communication lines. Regularly ask how they're doing, how their day went, inquire about their friends, show interest in their activities, etc.

This type of communication teaches your children to vent their frustrations to their family/support system, allows your children to identify, label, and normalize their feelings and it allows you to coach your child to think about their options.

<sup>1</sup> Brian Luke Seaward Ph.D., director, Inspiration Unlimited and Rocky Mountain Stress Management Seminars, and author of *Stressed is Desserts Spelled Backward*, 2003

For additional resources and assistance, visit [www.mutualofomaha.com/eap](http://www.mutualofomaha.com/eap)  
or call an Employee Assistance Program professional at 1-800-316-2796

## Managing Your Anger

Generally, anger is an indication that something must change. For example, you might need to change your reactions, negative thinking, cynicism or criticism of others. Identifying the causes of anger, deciding what changes need to be made and employing anger-management skills are keys to gaining influence over this strong — often misdirected — emotion. Here are a few things to consider:

### **Determine your anger style.**

Is your anger style predominantly active or passive? Do you hold your anger in or let it explode? Often, one of the greatest difficulties in working through anger is that it's easy to become self-righteous and believe that your anger is completely justified. While your anger may be justified, it still must be managed.

You might go so far as to think that staying angry — or even resorting to revenge or punishment — is the only (and justified) course of action. It's important to take note of how you hold on to your anger, how you express it and what you do with the energy it creates.

### **Monitor your anger.**

Keep a record of when you get angry and what triggers the emotion. Is there a predictable trend to your angry feelings? Look for patterns, circumstances and behaviors that lead you to the boiling point. When that happens, avoid internalizing your feelings.

Internalized anger can lead to a “blow up,” often directed at someone undeserving. This may be followed by feelings of guilt, which may then lead to still more anger, creating a negative cycle.

### **De-escalate your anger.**

While easier said than done, it's important to find ways to mentally and/or physically detach and gain perspective. On a long-term basis, it's helpful to find effective ways to release your feelings of frustration. Various release valves can be effective for some people, and not work for others. Some examples include, exercising, journaling, drawing, listening to music, venting, deep breathing exercises, etc. More immediate responses include: taking a quick break, getting a drink of water; counting to ten; taking a walk; breathing deeply; using mental imagery; practicing positive self-talk; calling a friend and/or family member. When you de-escalate, you buy time, which can help you balance your emotional energies.

### **Out-think your anger.**

Identify ways in which you can resolve your feelings constructively; be creative in developing viable options and alternatives. With anger comes energy. How can you best use this energy and provide prudent choices for yourself?

### **Plan in advance for potentially difficult situations.**

Identify situations in which you may have the greatest difficulty managing your anger, and minimize your exposure to them. Also, create options and strategies you can use while you're in the middle of these situations to minimize possible damage and risk.

### **Develop a support system.**

Nurture relationships with family, friends or significant others who will listen to you vent your frustrations. Don't force them to become allies; rather allow them to listen and provide support — as well as objective feedback. Expressing yourself to others can help you acknowledge and diffuse some of your feelings and gain a clearer understanding of the situation.

### **Develop realistic expectations of yourself and others.**

Learn to review the expectations you have for yourself, for others and for the world in general. Taking one day at a time can help you put life events into perspective and balance.

### **Stay in shape for life.**

People who are in good physical shape tend to bounce back from anger episodes more quickly. Learning to balance the mental, emotional, physical and spiritual aspects of your life can reap great rewards.

### **Learn the power of forgiveness.**

Avoid imprisoning yourself or others with your anger. Learn to let go. Anger is an unavoidable part of the human experience. But chronic, unresolved anger can make life difficult for you, your family and your co-workers. The good news is, you can learn to manage the energy associated with anger, resentment, hostility and frustration, and create a more satisfactory life both at home and at work.



## Tuesday, June 3

### **This Week in Engagement**

Every week the Administrative Council (AC) will give you a look into what they are working on to make Stoughton Health a great place to work and receive care. This week we're hearing from Andy Boryczka, Director of Engagement and Experience.

#### **What have you been working on?**

Lots of stuff! But I wanted to focus on a group of staff and the work they are doing to help make Stoughton Health even better for staff and patients. The Caring for Everyone group focuses on helping people feel welcomed, respected, and valued while identifying and working to remove barriers that may hinder positive outcomes for everyone in our community.

We do this by helping connect staff with perspectives that may lie outside their every day. Like this June we are teaming up with the FNS team and the Well-being ET Team to provide education on Caribbean American History Month by providing a side order of education to go with the healthy meals that our kitchen is cooking up. We're also helping review staff training around belonging, to help us all serve our increasingly diverse communities better.

#### **Why is this important to staff?**

Making sure that our patients get the exceptional, personalized care we are committed to means we all have a responsibility to continue to be curious about the people around us, their history and their lived experience. The Caring for Everyone group is here to support that effort.

To find out more reach out to Andy Boryczka, Director of Engagement and Experience.



## June is Caribbean American Heritage Month!

In observance of the month the Well-being ET team and Caring for Everyone group has teamed up with Chef Danny and his team in the kitchen to share information about the significance of the month and offer a Caribbean inspired bowl complete with healthy food facts at the Close to Home Cafe on June 4th. Please stop by for a healthy bite and to learn more about Caribbean American Heritage Month!



## WELL-BEING WEDNESDAY

WHEN: WEDNESDAY JUNE 4, 2025  
CARIBBEAN BOWL \$.55 PER OUNCE  
THE CLOSE TO HOME CAFE IS TEAMING  
UP WITH THE WELL-BEING TEAM AND  
THE CARING FOR EVERYONE GROUP TO  
CELEBRATE CARIBBEAN AMERICAN  
HERITAGE MONTH

**Wednesday, June 4**  
**Community Education Update**

Please click here to sign up

# BLOOD DRIVE

**BLOODCENTER.ORG**



**COMMUNITY HEALTH AND WELLNESS CENTER**  
**FRIDAY, JUNE 20**  
**8 AM TO 1 PM**

**3162 County Rd. B, Stoughton WI**

**To book appointment, please scan QR code  
or email [smurthy@impactlife.org](mailto:smurthy@impactlife.org)**

**Give & get choice of a electronic gift card, a  
charitable donation to a Good Giving Partner or  
bonus points to the rewards store!**

**Please bring photo ID. Please make sure to eat before  
your donation.**

**Last date to donate elsewhere is 4/25/25**





Please share this class with family and friends!

[Click Here to Register](#)

# Poling in the Parks



Join our walking course using Activator Poles, led by Stoughton Health Rehab Staff, to improve your balance and stamina.

*Each class will be held outdoors at a different park in Dane County.*

**June 17 through August 7**  
**Tuesdays and Thursdays**  
**9:00 a.m. – 10:00 a.m.**

Class fee is \$250, and includes Activator Poles for you to keep.

Class fee is \$150 for those who already have poles.

Participants must be able to get up from the ground unassisted. An assessment will be completed at the first class, and participants are responsible for their own transportation to the parks.

To register, please visit [stoughtonhealth.com](http://stoughtonhealth.com) and click on "Classes and Events."  
Questions? Please call (608) 877-3498. Financial assistance is available.



[StoughtonHealth.com](http://StoughtonHealth.com)



**Thursday, June 5**

## **Stoughton Health's Community Health Priorities**

Ever wondered how Stoughton Health decides what classes to offer, which community events to sponsor, or what initiatives we jump into? Well, it all ties back to our key priorities, which are determined by our Community Health Needs Assessment (CHNA).

For over 13 years, Stoughton Health has been a key partner in the Healthy Dane Collaborative (HDC), working with UnityPoint Health - Meriter, SSM Health, UW Health, and Public Health Madison and Dane County. This group just completed its latest Community Health Needs Assessment (CHNA) in late 2024. Please [click here](#) to view.

Based on those assessment results, approved by the Stoughton Health Governing Board on May 28th, the top priorities to be addressed over the next three years are as follows:

- Chronic Conditions
- Injury and Safety
- Mental Health & Substance Use

See the Community Health Needs Implementation Strategy for the Action Items attached to each priority. Please [click here](#) to view.

Thank you for the incredible work you do every day to meet these important priorities. Your dedication makes a real difference! We're always looking for new ideas, so please share your thoughts on how we can continue to advance these efforts.



## **Crisis Services: 988 Suicide & Crisis Lifeline**



You are not alone. Someone at the 988 Suicide & Crisis Lifeline is always standing by to take your call, text, and chat. Go to [988Wisconsin.org](https://www.988Wisconsin.org) to learn more about this service.

**Friday, June 6**

**SHINE Awards**

**To: Jessica Hartwick**

**From: Heather Hautanen**

Thank you for coming to the ED to assist me with a pre-op foley insertion and an infant's IV insertion. Your willingness to come assist was/is very much appreciated.

**To: Anastasia Clark**

**From: Heather Hautanen**

Thank you for the IV inserts this weekend. Mad skills! : )

**To: Brianna Jacques**

**From: Arionna Zimbric**

I was running a little behind schedule and Brianna was kind so kind to clean the compounding hood for me since we had eye blocks to make for the morning. I'm so appreciative of her for this and so grateful to have her as a coworker!! She always goes above and beyond whether it's helping the Pharmacy or even other departments as well. Overall, she's a great asset to the Hospital and this team!

**To: Linda Mitchell**

**From: Sam Stoltz**

Linda you're so thoughtful-Day 2 of Orientation and you brought me and your fellow new employee's cookies! We're lucky to have you officially join us!

**To: Rhonda Tesmer**

**From: Linda Schaefer**

I appreciate your resource sharing with me! You continually send me great information for social media, the Daily Dose and other platforms. I look forward to getting those emails from you! Thanks for the great communication!



**Stoughton Health  
Employee Recognition**

Do you have a coworker you would like to recognize with a SHINE Award or nominate for Standards Honors Employee? The forms are just a click away on the intranet home page!



## Congratulations Leadership Stoughton Class of 2025!

Sponsored by the Stoughton Chamber of Commerce, three Stoughton Health employees were part of the 2025 Leadership Stoughton Class.

Fourteen participants, guided by Justin Hanson, Chair of Leadership Stoughton, learned about the opportunities and challenges facing Stoughton. They met with city leaders, organizations, historians, key stakeholders, and employers to expand their perspective on the valuable resources available in Stoughton.

Congratulations to our Leadership Stoughton Class of 2025. Thank you for contributing to our growing business community!



**ADAM PETERS**

Project Coordinator  
Stoughton Wellness Coalition



**KELLY PERNA**

Stoughton Health Community  
Education Coordinator  
Stoughton Health



**TAYLOR SIMONSON**

Foundation Executive Assistant  
Stoughton Hospital Foundation

