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COME REVOKE, RELIVE THE MOMENTS YOU HAVE LOST!!

Anger Management

Control your Emotions!!

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If you are patient in one moment of anger, you will escape a hundred days of sorrow.

What is Anger?

Anger is a common human emotion. It is an emotion like smile, laughter, love, hatred, etc. Believe it or not, it is healthy to be angry for us, but depends on situations, conditions and intensity. Anger is our brains reaction towards some threatening situation. It helps us in prepping ourselves for detecting and countering a dire situation or event.

The problem arises, then anger is out of control and it controls us rather than us controlling it. If this situation is reached, there is bound to be impact on personal and work relationships.

How much anger is too much to be out of control, is again dependent on the person in question and situation at hand. But repetitive anger, for sure causes trouble in professional and personal lives.

Why people become angry?

There are many reasons, a person can become angry. The surroundings, environment, relations, etc. are some of the reasons why people become angry.

Below are some of the top points which attribute to 90% of anger among people:

1. **Stress** – Whether social stress or personal stress, it is number one reason for people getting out of control frequently. There are lots of pressures in today's world such as job stress, family matters, responsibilities (financial), ill health, racism, politics, poverty, etc. All of these pressures make people vulnerable to be angry on a tick of a button.
2. **People around us** – The people we interact with daily like family, co workers, boss, strangers, friends, etc. can say or do things which can upset us or cause anger.

Environment factors – Pollution, Traffic, Sanitation, busy and overburdened schedules, missed deadlines, personal grudge, country situation, religious sentiments, etc. are some of the many factors which can impact your mood and cause flurry.

The source of anger is not always in our control. But how it is handled and expressed is well within our control.

Ways to keep anger at bay – Managing Reactions

Below are some of the tips which can be an indicator on how you can try to control anger. Although this list is indicative, you can develop your own list which will help you control yourself while in fury.

- 1. Try to forgive others** - Forgiveness is one of the best virtues to keep and follow. It removes the burden off your shoulders about the wrongdoing of others. You can even try forgetting along with forgiving.
- 2. Think before you say or react** - Do not get carried away always in the heat of the moment. If getting carried away is habitual, make sure, you are holding your thoughts and words before shelling them out to someone.
- 3. Take Timeout** – Well, a bit tough when you are angry, but practice can help you achieve this. Try counting to 10, do some breathing control and exercise, etc.
- 4. Distance yourself from situation** – If you feel that distancing yourself from the situation is not going to harm you or your loved ones, there is nothing wrong in doing so. Just get some space or walk away to diffuse your temper.
- 5. Express your anger Differently** – Try doing things different while in anger and allow others to know that you are angry and need consolation. Engage in some activity whenever you are angry like playing game, cutting wood for the fire, do your homework, etc.
- 6. Exercise and Relaxation** – Physical exercise and following relaxation techniques can calm your senses out and you will be less willing to shell anger out to everyone's face. Listen to music, write a diary, do meditation, participate in religious activities, take a brisk walk, try swimming, etc.
- 7. Laughter and Humors** – These are some of the best possible techniques to follow.

Whenever you are angry try to find humor in situations and laugh over it. It in a single shot releases tension and stress due to anger. The strong emotion of anger also evades away.

Ask and Get Support

Talk to someone who cares and concerns about you. They are going to help you for sure. Talking opens up you and your inner feelings to people around you and they can

understand you better. They can offer help and support outright to you.

The people who can support you can include your family members, parents, friends, colleagues, counselors, anger support groups, etc.

There are many anger management groups and societies for chronic cases of anger. You can participate in these classes and take help.

Do not retort to Substance abuse or addictive behavior while you are angry. Alcohol, illegal drugs will only worsen your problems and it will tough for you to recover from them.

Remember, there is a huge health risk for yourself if you are not able to control your anger. Anger has a big toll on your own physical, mental and emotional health state. Digestive issues, depression, high blood pressure, immune system related issues are some of the illnesses which can harm you due to your anger.

So keep anger at bay to stay healthy.