



Anger

What is it, and how do I deal with it?

Anger is a natural emotion experienced by everyone, just like happiness and sadness. Often anger is the outward reaction to underlying feelings of being emotionally hurt or fearful of something. Events like these can make us feel vulnerable and weak, and so we overcompensate by expressing anger which usually makes us feel strong and empowered. In one way or another, anger is a sign to you that something in your environment is not right.

It is important to identify what has caused you to feel angry, and pay attention to any patterns of action when you are angry, because these behaviors are usually learned from family and friends at a young age. For example, do you get angry first, and then talk things over later? Do you tend to get angry at the one's you love most, even when they haven't done anything wrong? Do you act violently to get your feelings out? Are you silent and closed off from everyone when you feel angry? These are some common ways of dealing with anger, but there are consequences; some of them may be harmful to your health and your relationships.

Unfortunately, anger is an emotion that is perceived as being negative and harmful, when in fact suppressing anger can cause more harm than good. The important thing to consider is what you do with your anger, how you express and act it out. If you feel that your anger may be out of control, or negatively affecting those around you, try some of these techniques to cope in a healthy way, and talk to someone you trust about it.



STOP! Stop any impulsive thinking or behavior before acting.



Take a deep breath– Take a seat and breathe deeply and slowly several times for a few minutes. Focus only on your breathing and not on the source of your anger. This will calm your nerves, help your body relax, and prevent any harmful actions towards yourself or others.



Get Creative– To help diminish and control anger or aggression turn to personal interests to help release inner frustrations. Jogging, yoga, playing sports, listening to music, crafts and drawing are a few examples of how to transform anger into something enjoyable.



Write down your thoughts – Identify the cause of your anger and how it makes you feel and write it down. Looking at this later may illustrate irrational thinking or harmful thought patterns you have.



Talk to someone – Going through grief on your own can be difficult and can make you feel alone and like no one understands. It's important to know who you can talk to by seeking out a caring adult, parent, social worker, school counselor, faith leader or pastor or a friend who is simply a great listener! You'll be surprised at how much people want to help, and don't give up until you find someone who does.



FIGURE OUT AN ACTION PLAN – Chances are, after taking the time to calm down, and look at the situation with a clear mind, you'll have a more assertive response rather than an aggressive one that will be more respectful to everyone involved.