

Anger Management for Stress Relief

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Anger is an emotion related to one's perception of having been offended or wronged and a tendency to undo that wrong-doing by retaliation. Anger is viewed as a form of reaction and response that has evolved to enable people to deal with threats. Videbeck describes anger "as a normal emotion that involves a strong, uncomfortable and emotional response to a perceived provocation." Novaco recognized three modalities of anger: cognitive (appraisals), somatic-affective (tension and agitations) and behavioral (withdrawal and antagonism). Anger may have physical correlates such as increased heart rate, blood pressure, and levels of adrenaline and noradrenaline. Some view anger as part of the fight or flight brain response to the perceived threat of harm. Anger becomes the predominant feeling behaviorally, cognitively, and physiologically when a person makes the conscious choice to take action to immediately stop the threatening behavior of another outside force. Anger can have many physical and mental consequences.

Anger is a completely natural and instinctive emotion. In fact, it can be a cause for concern if a person does not experience any tinge of anger, especially when that person is subject to great duress or provocation. Angry feelings may be triggered by a person, object, incident, event or even memory. Reactions may vary from mild annoyance to aggression. However, anger has the capacity to make us say things we do not mean or do things we would not do under normal circumstances. The issue does not lie with having angry feelings but how we express them.

The external expression of anger can be found in facial expressions, body language, physiological responses, and at times in public acts of aggression. Humans and animals for example make loud sounds, attempt to look physically larger, bare their teeth, and stare. The behaviors associated with anger are designed to warn aggressors to stop their threatening behavior. Rarely does a physical altercation occur without the prior expression of anger by at least one of the participants. While most of those who experience anger explain its arousal as

a result of what has happened to them, psychologists point out that an angry person can be very well mistaken because anger causes a loss in self-monitoring capacity and objective observability.

Our body has a few ways of letting us know when we are getting too angry. Some common feelings may include:

- Our heart races - it beats very fast and may even feel like it's pounding in our chest
- We breathe faster - it may feel like we can't catch our breath
- Our muscles tighten - our body feels stiff
- Our body temperature increases - we feel hot and may sweat a lot

Modern psychologists view anger as a primary, natural, and mature emotion experienced by all humans at times, and as something that has functional value for survival. Anger can mobilize psychological resources for corrective action. Uncontrolled anger can, however, negatively affect personal or social well-being. While many philosophers and writers have warned against the spontaneous and uncontrolled fits of anger, there has been disagreement over the intrinsic value of anger. Modern psychologists have also pointed out the possible harmful effects of suppression of anger. Displays of anger can be used as a manipulation strategy for social influence.

Symptoms of Anger:

- Bad temper, rudeness, violence, loss of control.
- Self-stimulation, obsession, compulsion, withdrawal, unpredictable behavior.
- Anxiety, restlessness, frustration, depression or nervous breakdown.
- Pessimistic and vindictive attitude.
- Backbiting.
- Easily offended.
- Inability to act or think rationally.

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- Difficulty managing personal, social and professional rapport.
- Drug, alcohol, gambling, smoking or other addictions.
- Eating disorders.
- Flushed face.
- Rapid pulse, increased blood pressure.
- Shortness of breath.
- Tightness of jaws and fist.
- Nervous twitching or shaking of body.
- Self harm.
- Suicidal thoughts or suicide.

Types of Anger

Three types of anger are recognized by psychologists: The first form of anger, named “hasty and sudden anger” by Joseph Butler, an 18th century English bishop, is connected to the impulse for self-preservation. It is shared between humans and non-human animals and occurs when tormented or trapped. The second type of anger is named “settled and deliberate” anger and is a reaction to perceived deliberate harm or unfair treatment by others. These two forms of anger are episodic. The third type of anger is however dispositional and is related more to character traits than to instincts or cognitions. Irritability, sullenness and churlishness postures are examples of the last form of anger.

Anger can potentially mobilize psychological resources and boost determination toward correction of wrong behaviors, promotion of social justice, communication of negative sentiment and redress of grievances. It can also facilitate patience. On the other hand, anger can be destructive when it does not find its appropriate outlet in expression. Anger, in its strong form, impairs one’s ability to process information and to exert cognitive control over their behavior. An angry person may lose his/her objectivity, empathy, prudence or thoughtfulness and may cause harm to others. There is a sharp distinction between anger and aggression (verbal or physical, direct or indirect) even though they mutually influence each other. While anger can activate aggression or increase its probability or intensity, it is neither a necessary nor a sufficient condition for aggression.

The words annoyance and rage are often imagined to be at opposite ends of an emotional continuum: mild irritation and annoyance at the low end and fury or murderous rage at the high end. The two are inextricably linked in the English language with one referring to the other in most dictionary definitions. Recently, Parker Hall has challenged this idea; she conceptualizes anger as a positive, pure and constructive emotion, that is always respectful of others; it is only ever used to protect the self on physical, emotional, intellectual and spiritual dimensions in relationships. She argues that anger originates at age 18 months to 3 years to provide the motivation and energy for the individuation developmental stage whereby a child begins to separate from its carers and assert its differences. Anger emerges at the same time as thinking is developing. Therefore it is always possible to access cognitive abilities and feel anger at the same time.

Parker Hall (2008), proposes that it is not anger that is problematic but rage, a different phenomenon entirely; rage is conceptualized as a pre-verbal, pre-cognition, psychological defense mechanism which originates in earliest infancy as a response to the trauma experienced when the infants’ environment fails to meet their needs. Rage is construed as an attempt to summon help by an infant who experiences terror and whose very survival feels under threat. The infants cannot manage the overwhelming emotions that are activated and need a caring other to attune to them, to accurately assess what their needs are, to comfort and soothe them. If they receive sufficient support in this way, infants eventually learn to process their own emotions.

Rage problems are conceptualized as “the inability to process emotions or life’s experiences” either because the capacity to regulate emotion (Schore, 1994) has never been sufficiently developed (most common) or because it has been temporarily lost due to more recent trauma. Rage is understood as “a whole load of different feelings trying to get out at once” (Harvey, 2004), or as raw, undifferentiated emotions, that spill out when one more life event that cannot be processed, no matter how trivial, puts more stress on the organism than they can bear. Parker Hall proposes an empathic therapeutic relationship to support clients to develop or recover their organismic capacity (Rogers, 1951) to process their often multitude of traumas (unprocessed life events). This approach is a critique of the dominant anger and rage interventions in the UK including probation, prison and psychology

models, which she argues does not address rage at a deep enough level.

Other Types of Anger

- Anger from mortification: These people have an underprivileged self-esteem, which they mask by rebuking and dishonoring others.
- Atrocious Anger: These people feel insecure, unreasonably vulnerable by others, and anger is an avenue of self-defense. They imagine that others are angry instead of recognizing their own wrath.
- Expectation Anger: These people have a negative outlook and have unrealistic expectations of themselves and from others. Their root of anger is not accepting people as they are.
- Forestalling Anger: These people are terrified of their own anger, or the anger of others. They are fearful of losing control and feel protected in peaceful situations.
- Revulsion Anger: These people have an unresolved sentiment of anger, which causes resentment and they become hostile towards those they cannot forgive.
- Impulsive Anger: These people feel loss of control and hence they are aggressive, go like a bullet, and can be a threat to themselves and others. Their actions are impulsive, for which they are later repentant.
- Premeditated Anger: These people contemplate their anger, they like controlling others, and they get what they want by intimidating or overpowering others.
- Principled Anger: These people are fanatics, self-opinionated and uncompromising. They do not comprehend other people and get heated when others do not come up to their expectations.
- Obsessed Anger: These people get psychologically thrilled and find pleasure from their strong feelings of anger. They get angry frequently even at insignificant trifles, which tarnishes their relationships.
- Underhanded Anger: These people by no means expose their anger. Their anger is exhibited in devious ways like disregarding things and others, frustrating others, mislaying their own requirements.

Passive Anger and Aggressive Anger

Passive anger can be expressed in the following ways:

- Secretive behavior, such as stockpiling resentments that are expressed behind people's backs, giving the silent treatment or under the breath mutterings, avoiding eye contact, putting people down, gossiping, anonymous complaints, poison pen letters, stealing, and conning.
- Psychological manipulation, such as provoking people to aggression and then patronizing them, provoking aggression but staying on the sidelines, emotional blackmail, false tearfulness, feigning illness, sabotaging relationships, using sexual provocation, using a third party to convey negative feelings, withholding money or resources.
- Self-blame, such as apologizing too often, being overly critical, inviting criticism.
- Self-sacrifice, such as being overly helpful, making do with second best, quietly making long suffering signs but refusing help, or lapping up gratefulness.
- Ineffectualness, such as setting yourself and others up for failure, choosing unreliable people to depend on, being accident prone, underachieving, sexual impotence, expressing frustration at insignificant things but ignoring serious ones.
- Dispassion, such as giving the cold shoulder or phony smiles, looking unconcerned, sitting on the fence while others sort things out, dampening feelings with substance abuse, overeating, oversleeping, not responding to another's anger, frigidity, indulging in sexual practices that depress spontaneity and make objects of participants, giving inordinate amounts of time to machines, objects or intellectual pursuits, talking of frustrations but showing no feeling.
- Obsessive behavior, such as needing to be clean and tidy, making a habit of constantly checking things, over-dieting or overeating, demanding that all jobs be done perfectly.
- Evasiveness, such as turning your back in a crisis, avoiding conflict, not arguing back, becoming phobic.

Aggressive anger can be expressed in the

- Threats, such as frightening people by saying how you could harm them, their property or their prospects, finger pointing, fist shaking, wearing clothes or symbols associated with violent behaviour, tailgating, excessively blowing a car horn, slamming doors.
- Hurtfulness, such as physical violence, verbal abuse, biased or vulgar jokes, breaking a confidence, using foul language, ignoring people's feelings, willfully discriminating, blaming, punishing people for unwarranted deeds, labeling others.
- Destructiveness, such as destroying objects, harming animals, destroying a relationship between two people, reckless driving, substance abuse.
- Bullying, such as threatening people directly, persecuting, pushing or shoving, using power to oppress, shouting, using a car to force someone off the road, playing on people's weaknesses.
- Unjust blaming, such as accusing other people for your own mistakes, blaming people for your own feelings, making general accusations.
- Manic behavior, such as speaking too fast, walking too fast, working too much and expecting others to fit in, driving too fast, reckless spending.
- Grandiosity, such as showing off, expressing mistrust, not delegating, being a sore loser, wanting center stage all the time, not listening, talking over people's heads, expecting kiss and make-up sessions to solve problems.
- Selfishness, such as ignoring other's needs, not responding to requests for help, queue jumping.
- Unpredictability, such as explosive rages over minor frustrations, attacking indiscriminately, dispensing unjust punishment, inflicting harm on others for the sake of it, using alcohol and drugs, and illogical arguments
- Vengeance, such as being over-punitive, refusing to forgive and forget, bringing up hurtful memories from the past.

Neurological and Physiological Aspects of Anger

In neuroimaging studies of anger, the most consistently activated region of the brain was the

lateral orbitofrontal cortex. This region is associated with approach motivation and positive affective processes. The external expression of anger can be found in facial expressions, body language, physiological responses, and at times in public acts of aggression. The facial expression and body language are as follows. The facial and skeletal musculature are strongly affected by anger. The face becomes flushed, and the brow muscles move inward and downward, fixing a hard stare on the target. The nostrils flare, and the jaw tends toward clenching. This is an innate pattern of facial expression that can be observed in toddlers. Tension in the skeletal musculature, including raising of the arms and adopting a squared-off stance, are preparatory actions for attack and defense. The muscle tension provides a sense of strength and self-assurance. An impulse to strike out accompanies this subjective feeling of potency.

Physiological responses to anger include an increase in the heart rate, preparing the person to move, and increase of the blood flow to the hands, preparing them to strike. Perspiration increases (particularly when the anger is intense). A common metaphor for the physiological aspect of anger is that of a hot fluid in a container. According to Novaco, "Autonomic arousal is primarily engaged through adrenomedullary and adrenocortical hormonal activity. The secretion by the adrenal medulla of the catecholamines, epinephrine, and norepinephrine, and by the adrenal cortex of glucocorticoids provides a sympathetic system effect that mobilizes the body for immediate action (e.g. the release of glucose, stored in the liver and muscles as glycogen). In anger, the catecholamine activation is more strongly norepinephrine than epinephrine (the reverse being the case for fear). The adrenocortical effects, which have longer duration than the adrenomedullary ones, are mediated by secretions of the pituitary gland, which also influences testosterone levels. The pituitary-adrenocortical and pituitary-gonadal systems are thought to affect readiness or potentiation for anger responding. Neuroscience has shown that emotions are generated by multiple structures in the brain. The rapid, minimal, and evaluative processing of the emotional significance of the sensory data is done when the data passes through the amygdala in its travel from the sensory organs along certain neural pathways towards the limbic forebrain. Emotion caused by discrimination of stimulus features, thoughts, or memories however occurs when its information is relayed from the thalamus to the

neocortex. Based on some statistical analysis, some scholars have suggested that the tendency for anger may be genetic. Distinguishing between genetic and environmental factors however requires further research and actual measurement of specific genes and environments.

Signs of Unhealthy Anger and Stress

Anger and stress become a concern when they become a lifestyle and the person develops unpredictable and destructive behaviours that affect one's quality of life. "Blowing one's top", "flying off the handle" and "blowing a fuse"; are just some familiar expressions of anger uncapped. Sulking silently in anger and stress is as detrimental as exploding in uncontrollable rage. One's relationship, job or personal health may be at stake. Below are some tell-tale signs that one may need help with anger and stress management:

- Angry feelings take a long time to subside, even after the event has passed.
- Feelings of stress anxiety or depression over inability to cope with anger.
- Resorting to drugs or alcohol to curb anger.
- Verbally or physically lashing out at the slightest irritation.
- Family, friends or colleagues express concern over angry behaviour.
- People avoid contact or interacting with the person to prevent incurring wrath.
- Perpetually cynical and hostile; constantly putting others down.
- Hurting another person physically or emotionally.

Medical Problems Related to Anger and Stress

Even at a young age, having difficulty controlling your anger makes your body more likely to have physical problems that can occur now or later. This happens because your mind and your body are connected! These feelings can actually put stress on your body which can lead to medical problems such as:

- Heart disease .
- High blood pressure.
- Chronic lower back pain.
- Stomach problems.

Having problems with managing your anger can also increase your risk for developing mental health concerns such as:

- Depression
- Eating problems
- Substance abuse.
- Drug, alcohol or other addictions.
- Suicidal thoughts.

Six Dimensions of Anger Expression

Of course, anger expression can take on many more styles than passive or aggressive. Ephrem Fernandez has identified six bipolar dimensions of anger expression. They relate to the direction of anger, its locus, reaction, modality, impulsivity, and objective. Coordinates on each of these dimensions can be connected to generate a profile of a person's anger expression style. Among the many profiles that are theoretically possible in this system, are the familiar profile of the person with explosive anger, profile of the person with repressive anger, profile of the passive aggressive person, and the profile of constructive anger expression (Fernandez, E. ,2008).

Causes of Anger

- Fear, anxiety, depression.
- Feelings of hurt, disrespect, humiliation, embarrassment, dissatisfaction, jealousy, and sadness.
- Unable to forgive and forget.
- Lack of appreciation, feelings of rejection.
- Lack of control or controlling nature.
- Unfriendly, violent parents or other family members.
- Physical or sexual abuse.
- Substance abuse.
- Media violence.

People feel angry when they sense that they or someone they care about has been offended, when they are certain about the nature and cause of the angering event, when they are certain someone else is responsible, and when they feel they can still influence the situation or cope with it. For instance, if a person's car is damaged, they will feel angry if someone else did it (e.g. another driver rear-ended it), but will feel sadness instead if it was caused by

situational forces (e.g. a hailstorm) or guilt and shame if they were personally responsible (e.g. he crashed into a wall out of momentary carelessness). Usually, those who experience anger explain its arousal as a result of what has happened to them and in most cases the described provocations occur immediately before the anger experience. Such explanations confirm the illusion that anger has a discrete external cause. The angry person usually finds the cause of his anger in an intentional, personal, and controllable aspect of another person's behavior. This explanation, however, is based on the intuitions of the angry person who experiences a loss in self-monitoring capacity and objective observability as a result of his emotion. Anger can be of multicausal origin, some of which may be remote events, but people rarely find more than *one* cause for their anger. According to Novaco, "Anger experiences are embedded or nested within an environmental-temporal context. Disturbances that may not have involved anger at the outset leave residues that are not readily recognized but that operate as a lingering backdrop for focal provocations (of anger). An internal infection can cause pain which in turn can activate anger

Cognitive Effects

Anger makes people think more optimistically. Dangers seem smaller, actions seem less risky, ventures seem more likely to succeed, unfortunate events seem less likely. Angry people are more likely to make risky decisions, and make more optimistic risk assessments. In inter-group relationships, anger makes people think in more negative and prejudiced terms about outsiders. Anger makes people less trusting, and slower to attribute good qualities to outsiders. When a group is in conflict with a rival group, it will feel more anger if it is the politically stronger group and less anger when it is the weaker.

Unlike other negative emotions like sadness and fear, angry people are more likely to demonstrate correspondence bias – the tendency to blame a person's behavior more on his nature than on his circumstances. They tend to rely more on stereotypes, and pay less attention to details and more attention to the superficial. In this regard, anger is unlike other "negative" emotions such as sadness and fear, which promote analytical thinking. An angry person tends to anticipate other events that might cause him anger. He will tend to rate anger-causing events (e.g. being sold a faulty car) as more likely than sad events (e.g. a good friend

moving away). A person who is angry tends to place more blame on another person for his misery. This can create a feedback, as this extra blame can make the angry man angrier still, so he in turn places yet more blame on the other person.

When people are in a certain emotional state, they tend to pay more attention to, or remember, things that are charged with the same emotion; so it is with anger. For instance, if you are trying to persuade someone that a tax increase is necessary, if the person is currently feeling angry you would do better to use an argument that elicits anger ("more criminals will escape justice") than, say, an argument that elicits sadness ("there will be fewer welfare benefits for disabled children"). Also, unlike other negative emotions, which focus attention on all negative events, anger only focuses attention on anger-causing events.

Anger can make a person more desiring of an object to which his anger is tied to. In a 2010 Dutch study, test subjects were primed to feel anger or fear by being shown an image of an angry or fearful face, and then were shown an image of a random object. When subjects were made to feel angry, they expressed more desire to possess that object than subjects who had been primed to feel fear.

As a Strategy

As with any emotion, the display of anger can be feigned or exaggerated. Studies by Hochschild and Sutton have shown that the show of anger is likely to be an effective manipulation strategy in order to change and design attitudes. Anger is a distinct strategy of social influence and its use (i.e. belligerent behaviors) as a goal achievement mechanism proves to be a successful strategy.

Larissa Tiedens (2000), known for her studies of anger, claimed that expression of feelings would cause a powerful influence not only on the perception of the expresser but also on their power position in the society. She studied the correlation between anger expression and social influence perception. Previous researchers, such as Keating, 1985 have found that people with angry face expression were perceived as powerful and as in a high social position. Similarly, Tiedens et al. have revealed that people who compared scenarios involving an angry and a sad character, attributed a higher social status to the angry character. Tiedens examined in her study whether anger expression promotes status attribution. In other words,

whether anger contributes to perceptions or legitimization of others' behaviors. Her findings clearly indicated that participants who were exposed to either an angry or a sad person were inclined to express support for the angry person rather than for a sad one. In addition, it was found that a reason for that decision originates from the fact that the person expressing anger was perceived as an ability owner, and was attributed a certain social status accordingly.

Showing anger during a negotiation may increase the ability of the anger expresser to succeed in negotiation. A study by Tiedens et al. indicated that the anger expressers were perceived as stubborn, dominant and powerful. In addition, it was found that people were inclined to easily give up to those who were perceived by them as powerful and stubborn, rather than soft and submissive. Based on these findings Sinaceur and Tiedens have found that people conceded more to the angry side rather than for the non-angry one.

A question raised by Van Kleef et al. based on these findings was whether expression of emotion influences others, since it is known that people use emotional information to conclude about others' limits and match their demands in negotiation accordingly. Van Kleef et al. wanted to explore whether people give up more easily to an angry opponent or to a happy opponent. Findings revealed that participants tended to be more flexible toward an angry opponent compared with a happy opponent. These results strengthen the argument that participants analyze the opponent's emotion in order to conclude about their limits and carry out their decisions accordingly.

Ways to Manage Anger

There are health benefits in acquiring constructive ways to manage anger. As anger causes the heart beat to race and blood pressure to rise, a prolonged angry state has undesirable consequences. A person's character can be developed by possessing effective anger management skills. He or she tends to be less emotional during duress and more focused in problem-solving. Consequently, the person enjoys better quality of social relationships. Some ways to manage anger are:

- Identify and be aware of the things or situations that could easily trigger your anger and develop coping skills to manage them. If avoiding them is not possible, reframing your thinking and attitude towards them

may help. Recognise that you cannot always avoid or change the things or the people that enrage you, but you can learn to control your reactions.

- Develop the ability to express anger constructively by acquiring better communication skills through courses, training or self-improvement resources. Bottling up frustration is as destructive as letting it all out. The key is to express oneself in a way that communicates one's feelings clearly without appearing as combative or defensive.
- Deep breathing, muscle relaxation and mental relaxation are helpful in managing negative emotions.
- Engage in positive self-talk under stressful conditions. Tell yourself to stay calm, relax, and breathe easy or give yourself a pat on the back for staying cool. This is effective in preventing the anger from escalating. Using humour appropriately to defuse a tense situation is another way to gain a positive perspective of the issue.
- Walk away from potentially explosive encounters if tension is building up and staying calm and relaxed does not help. Remind yourself that lashing out in anger has great negative consequences on your physical or emotional health.
- Seeking professional counselling for uncontrolled anger is preferred over talking to family or friends. Trained mental health professionals are better equipped to help identify areas of concern and develop anger management strategies.
- Learning to manage stress will help to reduce our frustration. Having a proper diet, getting sufficient sleep and doing physical exercises help keep stress at bay. The Health Promotion Board recommends having two servings of fruit and two servings of vegetables daily and exercising at least three times a week, at least 20 minutes each time
- Take responsibility for your actions. You can actually decide on how you will behave in certain situations ahead of time. For example, if losing your soccer game last week caused you to get angry, think about how you can

better prepare yourself to deal with the stress if you don't come out with a win this week.

- Think about the consequence of your behavior. Realize that how you behave affects those you love and others around you.
- Pay attention to what upsets you. When you can figure out what triggers angry feelings, you can make decisions that will help you stay in better control.
- Pay attention to how your body feels when you are angry. When you notice your body beginning to change, it's time to take control.
- Improve your problem solving skills. When faced with a difficult situation or conflict, learn as much as you can about it and think about what happened. This will prevent you from making quick judgments that may be wrong. Remember, there are many ways to look at the same situation. For example, if your computer keeps crashing and you feel your blood boiling, take some time to figure out what might be causing the problem rather than smashing the keyboard to pieces!

You may feel anxious when you first try to take control of your temper. This is normal! Take time beforehand to plan ways to handle these feelings. The earlier you notice yourself becoming angry the more chance you have to stop your anger from getting out of control. In order to avoid becoming angry in the first place, that the many faults of anger should be repeatedly remembered. One should avoid being too busy or deal with anger-provoking people. Unnecessary hunger or thirst should be avoided and soothing music be listened to. To cease being angry. One should check speech and impulses and be aware of particular sources of personal irritation. In dealing with other people, one should not be too inquisitive: It is not always soothing to hear and see everything. When someone appears to slight you, you should be at first reluctant to believe this, and should wait to hear the full story.

You should also put yourself in the place of the other person, trying to understand his motives and any extenuating factors, such as age or illness. It is further advised of daily self-inquisition about one's bad habit. To deal with anger in others, the best reaction is to simply keep calm. A certain kind of deception is necessary in dealing with angry people. Finding a guide and teacher can help the person in controlling their passions. The process of

controlling anger should start in childhood on grounds of malleability. Seneca warns that this education should not blunt the spirit of the children nor should they be humiliated or treated severely. At the same time, they should not be pampered. Children should learn not to beat their playmates and not to become angry with them. It is also advised that children's requests should not be granted when they are angry.

Relaxation techniques work by helping calm us. When we are calm, our bodies relax, and physical problems brought on by anger such as a headache, usually disappear. Try the following techniques to help you relax and lower stress:

- **Take slow deep breaths.** Breathe in and slowly breathe out - This works especially well when you feel like your breathing is speeding up.
- **Repeat a calming word or sentence to yourself** such as "I am in control of my feelings".
- **Tighten your muscles then relax them.** Notice the difference.
- **Close your eyes and think about a person, place or thing,** that makes you feel calm.
- **leave the scene** - Take yourself away from the person and/or place where you became angry. A change of scenery can help you "cool off" your angry feelings.
- **Walk away instead of driving away** - Walking is a great way to get your anger out. Avoid driving to prevent yourself from putting yourself and others in danger.
- **Chose safe ways to deal with anger** - Take deep breaths, repeat a calming word, relax your muscles, imagine a calm place to decrease your anger. Do not drink, use violence or pick up a weapon.
- **If you feel you are a danger to yourself or others, call 911 or go to the closest emergency room.** If you are having thoughts of wanting to hurt yourself or hurt other people, it is important to get help immediately!

Safe Ways to Express Anger and Reduce Stress

Anger is one of the most common and destructive delusions, and it afflicts our mind almost every day. To solve the problem of anger we first need to recognize the anger within our mind, acknowledge how it harms both ourselves and

others, and appreciate the benefits of being patient in the face of difficulties. We then need to apply practical methods in our daily life to reduce our anger and finally to prevent it from arising at all. Modern psychologists point out that suppression of anger may have harmful effects. The suppressed anger may find another outlet, such as a physical symptom, or become more extreme. However, psychologists have also criticized the “catharsis theory” of aggression, which suggests that “unleashing” pent-up anger reduces aggression. Therefore anger must be expressed to relieve stress in the following ways:

- **Talk to someone you trust** - Call or meet with a person you feel comfortable with and is a good listener.
- **Exercise** - Get that anger out by taking a long walk (in a safe part of town), work out at the gym or play a sport. Exercise stimulates the release of a chemical in the brain called “endorphins” that makes us feel happy.
- **Write in a diary** - Let your feelings out by writing about them in a diary or song lyrics.
- **Listen to or play music** - Music has a way of calming the soul whether it is listening to your iPod, singing along with the car radio (even if you sing off key), or playing an instrument.
- **Draw, paint or do other creative art projects** - For some people, being creative is an outlet for their anger and helps them manage their feelings.
- **Apologize** - Controlling your temper is hard at first! One useful way to do this is to apologize. “I’m sorry” is a powerful phrase that can help do damage control.
- **Rest** - Anger often takes our energy away and makes us feel exhausted. It’s fine to take a break, nap, or go to bed early. Sleep helps us focus so we can deal with our feelings better.

Dual Thresholds Model

Anger expression might have negative outcomes for individuals and organizations as well, such as decrease of productivity and increase of job stress, however it could also have positive outcomes, such as increased work motivation, improved relationships, increased mutual understanding etc. (Tiedens, 2000). A Dual Thresholds Model of Anger in organizations by Geddes and Callister, (2007) provides an explanation on the valence of anger

expression outcomes. The model suggests that organizational norms establish emotion thresholds that may be crossed when employees feel anger. The first “expression threshold” is crossed when an organizational member conveys felt anger to individuals at work who are associated with or able to address the anger-provoking situation. The second “impropriety threshold” is crossed if or when organizational members go too far while expressing anger such that observers and other company personnel find their actions socially and/or culturally inappropriate.

The higher probability of negative outcomes from workplace anger likely will occur in either of two situations. The first is when organizational members suppress rather than express their anger—that is, they fail to cross the “expression threshold”. In this instance personnel who might be able to address or resolve the anger-provoking condition or event remain unaware of the problem, allowing it to continue, along with the affected individual’s anger. The second is when organizational members cross both thresholds—”double cross”—displaying anger that is perceived as deviant. In such cases the angry person is seen as the problem—increasing chances of organizational sanctions against him or her while diverting attention away from the initial anger-provoking incident. In contrast, a higher probability of positive outcomes from workplace anger expression likely will occur when one’s expressed anger stays in the space between the expression and impropriety thresholds. Here, one expresses anger in a way fellow organizational members find acceptable, prompting exchanges and discussions that may help resolve concerns to the satisfaction of all parties involved. This space between the thresholds varies among different organizations and also can be changed in organization itself: when the change is directed to support anger displays — the space between the thresholds will be expanded and when the change is directed to suppressing such displays – the space will be reduced.

Anger is a deluded mind that focuses on an animate or inanimate object, feels it to be unattractive, exaggerates its bad qualities, and wishes to harm it. For example, when we are angry with our partner, at that moment he or she appears to us as unattractive or unpleasant. We then exaggerate his bad qualities by focusing only on those aspects that irritate us and ignoring all his good qualities

and kindness, until we have built up a mental image of an intrinsically faulty person. We then wish to harm him in some way, probably by criticizing or disparaging him. Because it is based on an exaggeration, anger is an unrealistic mind; the intrinsically faulty person or thing that it focuses on does not in fact exist. Moreover, as we shall see, anger is also an extremely destructive mind that serves no useful purpose whatsoever. Having understood the nature and disadvantages of anger, we then need to watch our mind carefully at all times in order to recognize it whenever it begins to arise.

Homeopathic Treatment of Anger

Anger is an instinctive human sentiment to circumstances beyond our control, our lack of ability to emotionally deal with certain situations. Each one of us has lived through anger at some moment whether as a transitory frustration or as a progressive wrath. Depending on how it is articulated, anger can have constructive or harmful consequences. Positive angry thoughts can help you survive a crisis and resolve the situation in a practical manner, whereas, negative anger feelings can trigger hostile, uncontrollable, violent behaviors. Anger can be a self-protective reaction to underlying fears, dissatisfaction, hopelessness, or frustration. Some people find it difficult to communicate their anger, some can burst out with rage, whereas for some it can surface habitually. When anger holds up your aptitude to think or function plainly, it gets in the way of your personal or professional interactions, begets violence, and others get flustered by your rage, you may possibly be ill with an Anger syndrome which must be treated without delay. Prolonged Anger can contribute to other physical and mental ailments, deteriorate the immune system and speed up the aging process. A healthy immune system dominates our body's healing process and shields it against infections and diseases. The facility to highlight mental calmness elevates physical and mental well being, vitality and long life. Homeopathic remedies work towards balancing the chemical communication between the nerves in the brain. Homeopathy will pacify the mind, help promote balanced moods and feelings, in addition to maintaining harmony, health and systemic balance in the brain and nervous system. The remedies will help you overcome anger, anxiety, negative feelings, manage stress, promote tranquility, prevent relapses as well as help build self-esteem and self-confidence. The remedies are harmless and

effective for adults as well as children and will escort to a permanent long-lasting cure. The remedies will treat all your problems, not just the defiance and anger and will allow you to be yourself again. Homeopathic remedies have proven to be very effective in curbing and controlling emotions of anger and making the person more calm and capable of controlling their emotions and managing anger. Another exceptional thing about Homeopathy is that people on multiple medications can safely take Homeopathic medicines. Homeopathic drugs are non-habit forming and have no addictive characteristics. Homeopathy has an exceptional proven safety record with the FDA with 200 years of clinical effectiveness

Self-Care Measures for Anger:

- Learn to recognize as well as acknowledge your anger and identify the cause of it.
- Identify the situations that provoke you.
- Take the help of a close family member or friend and communicate your anger emotions with them.
- Exercise regularly and practice deep breathing exercises, meditation, and yoga.
- Develop hobbies like listening to music, reading books, painting, writing, etc.
- Reduce the intensity of your anger with a solitary period of silence and rest when you recognize the signs of anger.
- During an outburst analyze your alternatives for behaving and envision how you may react. Be aware that you are accountable for your anger and actions.
- Release all shame and guilt and replace your negative behaviors with more positive actions.
- Develop a sense of wittiness.
- Avoid alcohol, drugs and any other addictives.
- Focus on responsibilities one at a time and proceed towards larger objectives when you are ready.
- Take your time fixing your problems
- Put into practice what you moralize to your children.
- Always remember one thing that you cannot control the behavior of others and pardoning

is not overlooking, it is recalling and letting go.

Too much antagonism will jeopardize your personal, social, professional life and your overall health. If you are noticing that your anger level is on the high, then consider homeopathy and be healthy, happy, calm, focused, behave better and become rage free. Control your anger before it controls you.

Coping Strategies

According to R. Novaco, there are a multitude of steps that were researched in attempting to deal with this emotion. In order to manage anger the problems involved in the anger should be discussed Novaco suggests. The situations leading to anger should be explored by the person.

Conventional therapies for anger involve restructuring thoughts and beliefs in order to bring about a reduction in anger. These therapies often come within the schools of CBT (or Cognitive Behavioural Therapies) like modern systems such as REBT (Rational Emotive Behavior Therapy). Research shows that people who suffer from excessive anger often harbor and act on dysfunctional attributions, assumptions and evaluations in specific situations. It has been shown that with therapy by a trained professional, individuals can bring their anger to more manageable levels. The therapy is followed by the so-called “stress inoculation” in which the clients are taught “relaxation skills to control their arousal and various cognitive controls to exercise on their attention, thoughts, images, and feelings. They are taught to see the provocation and the anger itself as occurring in a series of stages, each of which can be dealt with.

CBAT: An Integrative Treatment for Anger

A new integrative approach to anger treatment has been formulated by Ephrem Fernandez (2010) in an article called “Toward an Integrative Psychotherapy for Maladaptive Anger” published in the International Handbook of Anger.

Specifically termed CBAT for Cognitive Behavioral Affective Therapy, this treatment goes beyond conventional relaxation and reappraisal by adding a variety of cognitive and behavioral techniques and further supplementing them with affective techniques to deal with the very feeling of anger. The techniques are sequenced in a contingent fashion within three phases of treatment: prevention, intervention, and postvention. In this way, people can be trained to deal with the onset of anger, its progression, and the residual features of anger.

Conclusion

An angry person is ugly & sleeps poorly. Gaining a profit, he turns it into a loss, having done damage with word & deed. A person overwhelmed with anger destroys his wealth. Maddened with anger, he destroys his status. Relatives, friends, & colleagues avoid him. Anger brings loss. Anger inflames the mind. He doesn't realize that his danger is born from within. An angry person doesn't know his own benefit. A man conquered by anger is in a mass of darkness. He takes pleasure in bad deeds as if they were good, but later, when his anger is gone, he suffers as if burned with fire. He is spoiled, blotted out, like fire enveloped in smoke. When anger spreads, when a man becomes angry, he has no shame, no fear of evil, is not respectful in speech. For a person overcome with anger, nothing gives light. Anger is also a very evil trait and it should be avoided at all costs. You should train yourself not to become angry even if you have a good reason to be angry. Thus, it can be said that anger managed is stress relieved and stress relieved is a way to well-being. By becoming more aware of what upsets you, and how you feel when you are angry, you can take control of it before it takes control of you. Keep in mind that your thoughts, feelings and behaviors are all connected. Your thoughts affect your feelings, which then affect your behaviors. Your behavior can also affect your thoughts, which can affect how you feel. Since they are all related, making one change—to thoughts, feeling or behaviors—will make a big difference!

