

# **ANGER MANAGEMENT**



**HOW TO CONTROL YOUR ANGER TO GET THE MOST OUT OF YOUR LIFE**

**FREE REPORT**



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## WHAT CAUSES ANGER AND WHY MANAGE IT?

Anger is a very common and necessary emotion, and in itself is not a problem as long as it is controlled. The problems arise when the anger starts to control the person, rather than the other way around. Anger can be a reaction to many triggers, but very often the trigger is not the root cause of the problem. In order to really control your anger, you need to take a long hard look at why you get angry, exactly what you are angry at, and the consequences of your anger. If you look back over your life you'll very often find that, at the times when you really lost your temper, it actually made things much worse instead of better.

The root causes of anger can be frustration and stress, and just by being overtired. Sometimes it can be from a feeling of low self esteem, and you can portray your own shortcomings or failings onto those around you. Unfortunately that often means loved ones, who bear the brunt of the anger through no fault of their own.

It is important for you to analyse the reasons for your anger and deal with it for many reasons. Angry outbursts have been the cause of the break-up of many otherwise happy relationships, and it is also extremely bad for your health. When you get angry your blood pressure rises and can lead to coronary heart trouble and other health problems.

By learning to control your anger you can take back control of your life. Sometimes a simple technique of taking deep breaths and counting to ten can help, or sometimes, when you feel anger swelling up inside of you, if possible it is best just to leave the situation, go for a walk or take time out reading or relaxing, and go back when you have calmed down. You need to learn self control, for your sake and the sake of your loved ones.

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## **THE LINK BETWEEN ANGER AND HEALTH PROBLEMS**

If you lose your temper at the drop of your hat, you might just be doing more harm to yourself than you at first realise. Not only will you make your life and the lives of those around you more fraught and miserable, you can also be doing untold damage to your health. For your own sake, you need to learn to relax, control your anger and calm down.

Just stop and think for a minute, about what happens when you have a sudden outburst of anger. Your face inevitably goes red, your breathing becomes faster as you're shouting, and your blood pressure rises significantly. This can be a real contributory factor to coronary heart disease. It is a medical fact that people who have anger issues are more likely to have a heart attack or need heart by-pass surgery than those who don't. It is also known that very often anger immediately precedes a heart attack; the sudden rise in blood pressure can be just too much and bang!

A very good idea when trying to control feelings of anger is by reducing stress. This can be simply by taking the time out at the end of the day to relax, listening to music, reading a book, walking the dog, anything to help you unwind from the stress of the day and prepare yourself for the frustrations ahead. You might not think that you have the time, but it is important to take time for yourself, half an hour each evening is not really a lot to ask in even the busiest schedule.

By learning to relax, recognising that you have anger problems and addressing them, you can successfully lead a longer, happier life not only for you but for all around you, and help yourself to a healthier heart.

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## **THE FAR REACHING CONSEQUENCES OF ANGER – THINK FIRST BEFORE YOU SPEAK**

There is an old saying which my Grandma used to say to me when I was small, and though I must confess to not taking too much notice, or even understanding what she was on about at the time, as I have grown older the words have become more and more meaningful and wise.

'Least said, soonest mended'.

How true that is. How many times have you let your anger get the better of you, and shouted irrational threats or hurtful things to a loved one, only to immediately regret saying it and not know how to make amends. You can apologise, and you can be forgiven, but the nasty words said in haste and anger will still always be there.

An important part of anger management then, is to learn how to control yourself sufficiently to stop and think, before saying anything which you don't really mean or can be hurtful to someone else. A very good friend of mine resigned in anger from a brilliant job over a silly argument about overtime, and lived to regret it for many years afterwards. She was out of work for months and never did manage to find another position which was anywhere near the same pay and working conditions.

If you are prone to speaking first, before you've put your brain in gear, then it's about time you had a re-think before getting yourself into some real trouble. Very often, it is simply a case of stepping back and taking a deep breath before opening your mouth. Say 'stop' in your head, to break the negative chain of emotions. You need to practice this as soon as you feel yourself getting wound up, and hopefully it will become second nature when you need it the most.

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## HOW TO RECOGNIZE YOU HAVE ANGER ISSUES

Do you shout at the drop of a hat, shout first and think later? Do people scatter when you shout? Do you find that even your loved ones avoid you? Do your kids hide in their bedrooms when you get in from work? Do people find an excuse to leave the room whenever you enter? Are people always telling you to calm down? Well, the chances are that you have serious anger issues, and it's time to address them, for your sake, your health and also the sake of those around you. Uncontrollable anger is destructive for everybody concerned and seriously needs to be addressed.

The first step into learning to control anger issues is realising that they exist in the first place. You might shout at your child for dropping something on the floor, but is that the real problem, or did you have a bad day at work and need somebody to take it out on? Think about it, often the events which trigger the reaction have really got nothing to do with the anger at all.

Look back over your life at all of the times you've been angry. Did it help? You know the answer to that one is no. Did it make things worse? You bet it did. By really analysing your reactions (or over-reactions) to everyday situations in a rational way you can start on the road to recovery. Many people with anger control problems know that they are there but find themselves in denial, blaming everyone around them for their own failings. For the benefit of all concerned it's time to stop, take a long hard look at yourself and find help. There are plenty of self-help techniques available to get you started, although for a really serious problem it is probably better to seek professional help rather than try and go it alone.

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## **SOME QUICK TIPS FOR KEEPING YOUR ANGER IN CHECK**

We all get angry from time to time, and that's not a problem, but for those who find themselves being controlled by their anger, it's time to take a long hard look at yourself and learn some simple techniques to keep your anger in check.

In controlling our anger we need to learn to relax and remove ourselves from the situation which is potentially fuelling our anger. If you feel that you are about to flare up, try to leave the situation before it gets out of control. Go for a short walk, even a minute in the garden may be all that is required. If you are stuck in traffic and you feel yourself getting angry, just try to imagine yourself in a different situation, tune in the radio to some relaxing music and enjoy the time to yourself rather than looking at it in a negative way. The traffic won't move any faster by you being angry, and if you calm down you will arrive at your destination feeling much more positive and relaxed.

Another useful tip is to take a deep breath (deep breathing from the diaphragm is a proven relaxation technique) and count to ten. This is just to give yourself a little bit of space between you and the potential trigger to your anger, and although it is one of the easiest techniques to master it is also one of the most effective. Try it, it really can work wonders.

If you find that you are always on edge and frustrated at the end of the day, it might be useful to take up a sport which helps you channel your energy in a more positive direction. Even hitting a punch bag for 10 minutes can be extremely therapeutic, or maybe if you take up painting or swimming it will be enough of a diversion to leave you feeling more relaxed and ready to face the world.

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