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FORMAN CHRISTIAN COLLEGE

(A CHARTERED UNIVERSITY)

Lahore- Pakistan



Campus Counseling Center

Anger Management

“Anger is just anger. It isn't good. It isn't bad. It just is. What you do with it is what matters. It's like anything else. You can use it to build or to destroy. You just have to make the choice.”
— **Jim Butcher, White Night**

Anger is a very dominant emotion that results from the reactions like:

Irritability, emotional disturbance, trust issues with loved ones, dissatisfaction or any other negative situation in one's life. It is normal to express anger and it can range from a little change in mood to its extreme irritability mode.

Reasons That Leads To Anger

Anger can be experienced by any one of us and we may get angry on different things. Anger in its balanced form is proved to be a healthy emotion, however if it's not controlled positively it can affect your health as well as your relationships. Now-a-days work is quite fast as well as complex. The day may start with jam packed traffic, electricity crisis, trouble with friend, failure, bad mood or mistreatment which can provoke your anger. When you experience anger it has a direct physiological impact on you; your heart beat may accelerate, your blood pressure and temperature might fluctuate from its normal level; stress hormones may be released followed by a lot of sweating.

If you kick a stone in anger, you'll hurt your own foot.

— **Korean Proverb**

Individual differences does count and different people express their anger in different ways. Some react as soon as they face a negative event and some suppress their anger and express later on.

Physical Effect

The physiological damages that anger cause can have severe short term and long term affects. It can affect your professional and social career. Frequent and intense episodes of anger may lead to further complications including:

Way Anger Feels in Your Body

Butterflies in your stomach; Having trouble in concentrating; Breathing faster; Pounding heart
Clenching your hands or jaw; Headaches; Feeling flushed

- **Digestion** – Anger can lead to severe digestion issues such as ulcerative colitis (inflammation and ulcers in the lining of your large bowel), gastritis (inflammation of the lining of your stomach) or irritable bowel syndrome.
- **Immune system** – Anger makes your immune system weak and thus more vulnerable to catch the flu virus and slow down your recovery from accidents or operations.

- **Heart and circulatory system** – It can lead to risk of heart disease or heart attack.
- **Blood pressure** – Anger can become the cause of high blood pressure, diabetes, high cholesterol level and insomnia.
- **Mental wellbeing** – Anger has a strong relationship with mental health issues like depression, addiction, self-harm, compulsion, crime, emotional and physical abuse and bullying behavior.
- **Career** – It can seriously affect your relationships and so do your work. Quarreling with family members, friends, colleagues, supervisor or clients becomes routine and results in bad reputation.

Useful Guidelines for Anger Management

- **Timeout** – You need to have a break from the situation. For this you can distract yourself by leaving the place or having a pause in an argument. Take deep breaths along with statements that comfort you.
- **Get some exercise** – Do some physical exertion to make yourself relax. Take a quick walk around the block and stretch your muscles.
- **Laughter therapy** – Laughter therapy can help you control your anger instantly. You can have the use of humor to distract yourself from the thing that is disturbing you.
- **Once you are calm, come back to express your anger in an assertive manner** – When you think you can talk gently and can convey your point and frustration in an appropriate way as dumping your anger could be more harmful.
- **Think twice before you speak** – When you are about to shout and yell at the other person try to think twice before you actually take it out. As its better from regretting at the end

Healthier Ways to Express Your Anger

- Accept that you can get angry.
- Plan out some realistic solution for your problems
- Recognize your demands and feelings
- Identify the triggers for your anger.
- Try to be assertive in conveying your needs and behave in a manner that upholds the respect of others.
- Be willing to forgive

For further information contact:

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