



ANGRY ME!

Everyone experiences anger, whether they are old, young, male or female.

Anger is a natural human emotion responding to feelings of being threatened or frustrated. It is an emotional state that varies in intensity from a mild irritation to a raging violence.

When you are angry your body releases a bunch of chemicals changing the state of mind. Many people tend to think that anger is a 'negative' or 'bad' emotion which prevents you from thinking clearly. Although this may be the case, anger can also be a good thing.

Anger is only bad if the actions accompanying it are bad and disruptive. Anger is just an emotion; it's bad if what you do with it is bad, but good if you put the anger into good energy. An example of good anger is seeing those RSPCA adverts, which might make you angry, and therefore you put your anger into energy of stopping abuse towards animals from occurring.

There are many physical signs that your body may go through when you are getting angry. These may include:

- Increase of heart beat
- Breath intake becomes more frequent
- Your body heats up making parts such as your palms sweaty
- Uncontrollable shaking and trembling
- Unnoticed twitching

"Anger is a natural human emotion"

- Jaw clenching
- Tensing of shoulders

Your thought patterns may also change when experiencing this emotion, causing often 'negative' thoughts. This change occurs because your body is preparing you for 'fight or flight'. It gives you extra strength and alertness so you can protect yourself by either running away, or standing up to fight. Anger is closely related to other emotions such as; fear, hurt, disappointment and frustration, but is sometimes the only emotion you choose to show.

Releasing Anger

In our humble everyday lives we will all find something that will anger us. You can't avoid this feeling, but you can choose how to deal with and express it. A healthy way to deal with anger is not the abuse yourself or others but to resolve the problem.

Here are ways in which may help you deal with anger in a healthy way:

- Stop, think about what is causing this emotion, then consider how to deal with anger.
- Exercising. Doing something physical releases adrenaline and boosts positive energy.

- Release all the anger. This can be done by having a good cry or scream. Never bottle things up.
- Remove yourself from the situation. Walk it off and allow yourself to regain control of your emotions.
- Rationalising your anger. Consider the reasons why you are angry logically.
- Talk to someone you trust or a counsellor.
- Write down all things that make you angry. This can be destroyed later or sent to help express yourself.
- Control and steady your breathing. The best way to control anger is by slow steady breathing.

We can't eliminate anger from our lives. We will always come across a situation in which will provoke this emotion but we can learn to deal with it in a healthy safe way. Next time you're babysitting and your little brother spills milk over your English coursework whilst your baby sister is crying whilst not eating what you've painfully prepared. Think first before you lose your patience with someone you love.

Coursework and a meal can be replaced. Broken bones & hurt feelings often can't. Too often we fail to recognize the difference between the person and the performance. People make mistakes. We are allowed to make mistakes. But the actions we take while in a rage will haunt us forever.