Anger Management – A Power Generating Approach

Ms. Tamanna¹, Ms. Sarita², Ms. Neelam³

¹B.com, MBA(Hons) MDU Rohtak tamannarana88@gmail.com
²M.B.A ICFAI HYDERABAD sarita.beniwal@gmail.com
³M.B.A. M.D.U Rohtak malik.neelam@yahoo.co.in

Abstract
Anger, basically a negative emotion is associated with physiological and psychological changes, but extreme energy is generated during this emotional process. If it is managed and expressed properly than anger is a healthy, normal emotion. This paper analyze the emotions attach with anger and tries to find out the roots of anger. Further it study the anger management process and tries to find out a channel to convert the negative energy generated during this process into positive energy which can be used to upgrade oneself.

Keywords: Physiological, Positive and negative energy.

Introduction
Emotions affect human body physically as well as psychologically. But rule of nature says that balanced feeling and emotions is base of a healthy body. Our brain should regulate the emotions otherwise emotions will start regulating the brain. The same is applicable on anger. When we are not in a position to control or manage your anger appropriately, it starts controlling us. So anger management is required to regulate the emotion known as “anger”. Anger management is a learning process to see signs when you are becoming angry, and to learn to calm down and deal with the situation in a positive way. It is a process of channelizing the energy generated during the emotional process from negative pathway to positive pathway. Anger management helps you see what really pushes your buttons and how to react to it in a better way. It helps you by providing a new approach to react in an undesired situation, which further helps in increasing the width of your scenario to judge a problem.

Anger
Anger is an emotion related to one’s psychological interpretation of having been offended, wronged, or denied and a tendency to react through retaliation.

According to Sheila Videbeck “anger as a normal emotion that involves a strong uncomfortable and emotional response to a perceived provocation.”

The emotion of anger is neither good nor bad. It’s perfectly healthy and normal to feel angry in undesirable situation or when you’ve been mistreated. The feeling isn’t the problem—it's what you do in that situation that makes a difference. Anger becomes a problem when it harms you or others.

If you have a hot temper, you may feel like it’s out of your hands and there’s little you can do to tame the beast. But you have more control over your anger than you think. You can learn to express your emotions without hurting others—and when you do, you’ll not only feel better, you’ll also be more likely to get your needs met. Mastering the art of anger management takes work, but the more you practice, the easier it will get. And the payoff can be huge. Learning to control your anger and express it appropriately can help you build better relationships, achieve your goals, and lead a healthier, more satisfying life.

Physiological and Psychological Reactions of Anger

- Change in facial expressions
- Change in body language
- Aggressive actions
- Loud or cold voice
- Internalizing the anger, boiling inside but not expressing
- Increase in heart rate
- Increase in blood pressure
- Increase in level of adrenaline
- Impairs ability to process information
- Impairs prudence and objectivity
• Reduces your empathy towards others and may cause harm to them
• Increases sugar and cholesterol levels

Anger Management Process

Anger is one of the hardest impulses to control because of its evolutionary value in defending against danger. But anger management is a process which helps in converting the undesirable situation into a desirable situation. It is a regulatory process which helps you to react in a better way to any situation and to learn to calm down and deal with the situation in a positive way. It helps in channelizing the energy from negative to positive route and thus it is also known as self development process.

The process includes the following steps:

1. Explore the root cause your anger
   There can be many reasons behind the anger which may be self created or may be influenced by the environment. But finding the exact cause is very important and is the initial step of the anger management process because you can treat only that thing which is known to you. Some of the cause can be:

   • Expectations from others (including organizations) are not met
   • Expectations from self are not met
   • Feeling of being exploited
   • Sense of being victimized
   • Abuse (physical and verbal) by others
   • Been insulted or feeling of being insulted or humiliated
   • Disagreements with others

2. Be aware of your anger warning signs and triggers
   Human body is designed to react to the stimuli. Some are voluntary reactions and some are involuntary. In case of anger involuntary reactions can be seen easily and to manage anger you need to pay attentions towards these reactions. These are the signal which can be use as alarm to start the further step in the anger management process.
   These can be following:

   • Knots in your stomach
   • Clenching your hands or jaw
   • Feeling clammy or flushed
   • Breathing faster
   • Headaches

   • Pacing or needing to walk around
   • “Seeing red”
   • Having trouble concentrating
   • Pounding heart
   • Tensing your shoulders

   These signs are door way which is further lead by some triggers. The triggers are generally self created and exist due to the thought process of mind. Common negative thinking patterns that trigger and fuel anger include:

   • Overgeneralizing. When preference to self is given and it is taken as granted that other will do the same then generally your thinking gets hurted.
   • Obsessing on “shoulds” and “musts.” Having a rigid view of the way things should or must be and getting angry when reality doesn’t line up with this vision.
   • Mind reading and jumping to conclusions. Assuming you “know” what someone else is thinking or feeling—that he or she intentionally upset you, ignored your wishes, or disrespected you.
   • Collecting straws. Looking for things to get upset about, usually while overlooking or blowing past anything positive. Letting these small irritations build and build until you reach the “final straw” and explode, often over something relatively minor.
   • Blaming. When anything bad happens or something goes wrong, it’s always someone else’s fault. You blame others for the things that happen to you rather than taking responsibility for your own life.

3. Learn ways to calm down
   Now you know the cause of the problem and also can identify the pathway. So it is easy to suppress the reaction. For that you need to level the amount of adrenaline hormone released by your brain during generation of anger. This can be done by following ways:

   • Focus on the physical sensations of anger. While it may seem counterintuitive, tuning into the way your body feels when you’re angry...
often lessens the emotional intensity of your anger.

- Take some deep breaths. Deep, slow breathing helps to counteract rising tension. The key is to breathe deeply from the abdomen, getting as much fresh air as possible into your lungs.
- Exercise. A brisk walk around the block is a great idea. It releases pent-up energy so you can approach the situation with a cooler head.
- Use your senses. Take advantage of the relaxing power of your sense of sight, smell, hearing, touch, and taste. You might try listening to music or picturing yourself in a favourite place.
- Stretch or massage areas of tension. Roll your shoulders if you are tensing them, for example, or gently massage your neck and scalp.
- Slowly count to ten. Focus on the counting to let your rational mind catch up with your feelings. If you still feel out of control by the time you reach ten, start counting again.

4. Find healthier ways to express your anger

If you’ve decided that the situation is worth getting angry about and there’s something you can do to make it better, the key is to express your feelings in a healthy way. When communicated respectfully and channeled effectively, anger can be a tremendous source of energy and inspiration for change. Here are five ways to express anger without losing control.

- **Exercise** – Working out is the ultimate anger reducer. Not only can you vent your frustrations by pounding the pavement or a punching bag, but the endorphins released while exercising helps to elevate your mood and will actually make you feel better from the inside out. Start out with something active and fast moving, like a run or boxing, and then gradually bring yourself down to something that takes more concentration, like weight lifting. Not only will the exercise help to alleviate your body’s angry flight or fight response, it will also help you to stay fit and well, a key component to living a balanced life.

- **Sing** – Sometimes, you just have to let it out. Rather than screaming your rage, try singing. Just get in your car and belt out a few of your favorite tunes at high volume. Go for songs that make you happy or remind you that things are not always this bad. Pretty soon you’ll leave the anger and frustration behind and begin thinking about what’s really important.

- **Create** – Anger makes you want to destroy. Fight this by creating. Much of the inventiveness required in creation; painting, sculpting, writing, is a product of passion. When you are angry, you are passionate. Force that passion into the act of creation and go wild. Don’t worry about form or function or perfection, just let loose your feelings on a canvas or page and get lost in the creative process.

- **Vent** – Sometimes, you just need to talk about it. If you have a good friend you can talk to, then by all means vent. Rant and rave and pace the floor. Let it all out. A good friend will listen patiently and know you do not mean half the things you say. If you don’t have a good friend, then write it down. Get it all out on paper. Afterwards you can keep it or burn it, whatever works for you, but at least you will have gotten it out of you and the anger will go with it.

- **Work** – Sometimes you just need to forget. Physical labor is great for that. Rake the yard. Do the dishes. Dust the furniture. Whatever you need done, do it. Not only will it keep your body and mind busy, but you will also accomplish something that needed doing.
Benefits of Anger Management

The goal of anger management is to help calm us when you are in a rage of anger.

- **Stabilization of Emotions**
  When you feel angry, your amygdala (the emotional center in the brain) stimulates adrenaline. You get an energy rush that rallies you to fight. Blood flows to your hands, making it easier to grasp a weapon. Your heart pumps faster. You breathe harder. Pupils dilate. You sweat. In this hyperadrenalized state, aggression mounts. You may raise your voice, point accusingly, stare him down, grimace, flail your arms around, verbally intimidate, barge into his personal space. Taken to an extreme, you could literally be driven to knock him out or beat him up. But with the help of anger management you can avoid these situations and you can have better control on your body.

  You can maintain the level of adrenaline generated by your brain and thus you can easily put a full stop on all the above stated facts.

- **Channelization of Energy**
  The energy generated during anger generation is huge. To bring the body back in equilibrium you need to utilize this energy. This can be done either by reacting negatively towards the situation, which further harm your body or by utilizing it in a positive way and by doing all the routine work in a better and in more energetic way, which can further increase your efficiency. To learn this kind of channelization you need to show patience and commitment. With time you will able to get the control of the energy in your body and then you can use it the way you want.
References

[5] http://growwithstacy.com/2012/05/14/5-ways-to-express-anger-without-losing-control