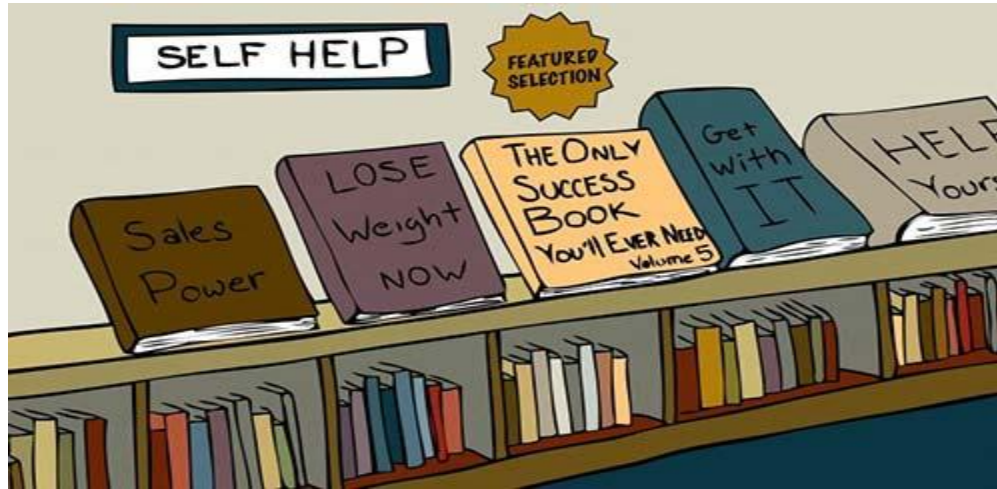


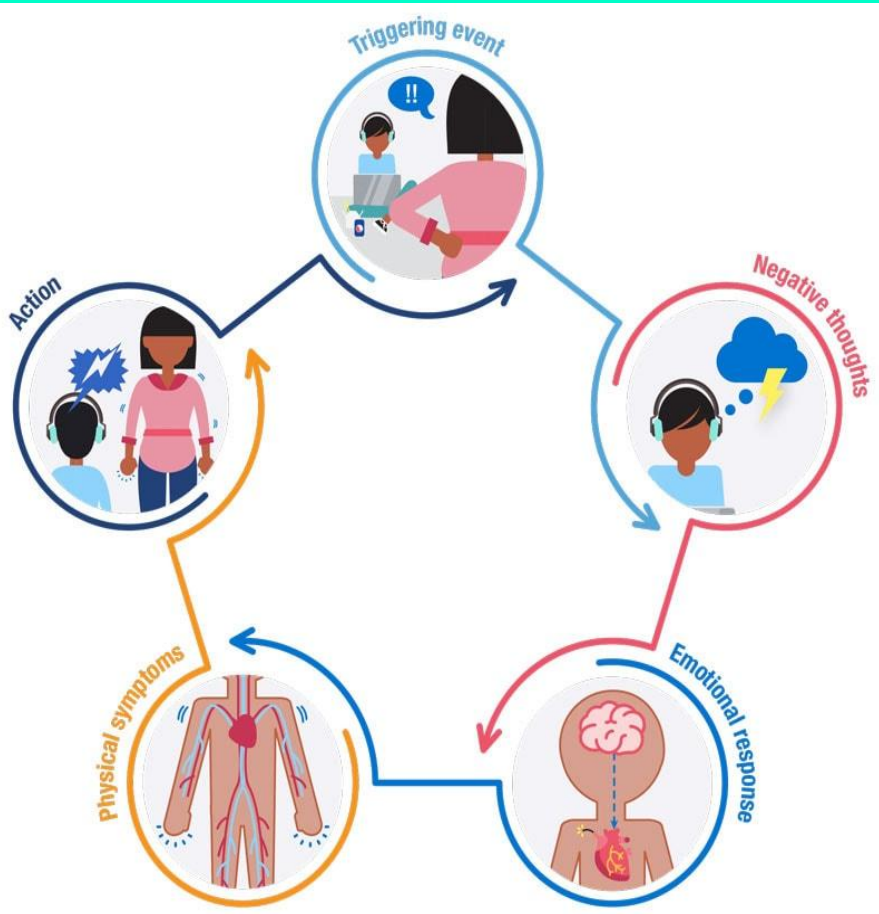
IS THERE A WAY TO CONTROL
YOUR ANGER, WITHOUT
CONTROLLING EVERYTHING?

BY Katie Lynch
Eng3402:Self-Help In Literature
Professor Jill Belli

SELF-HELP: WHAT IS IT?

Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.





What is anger? What are the signs?

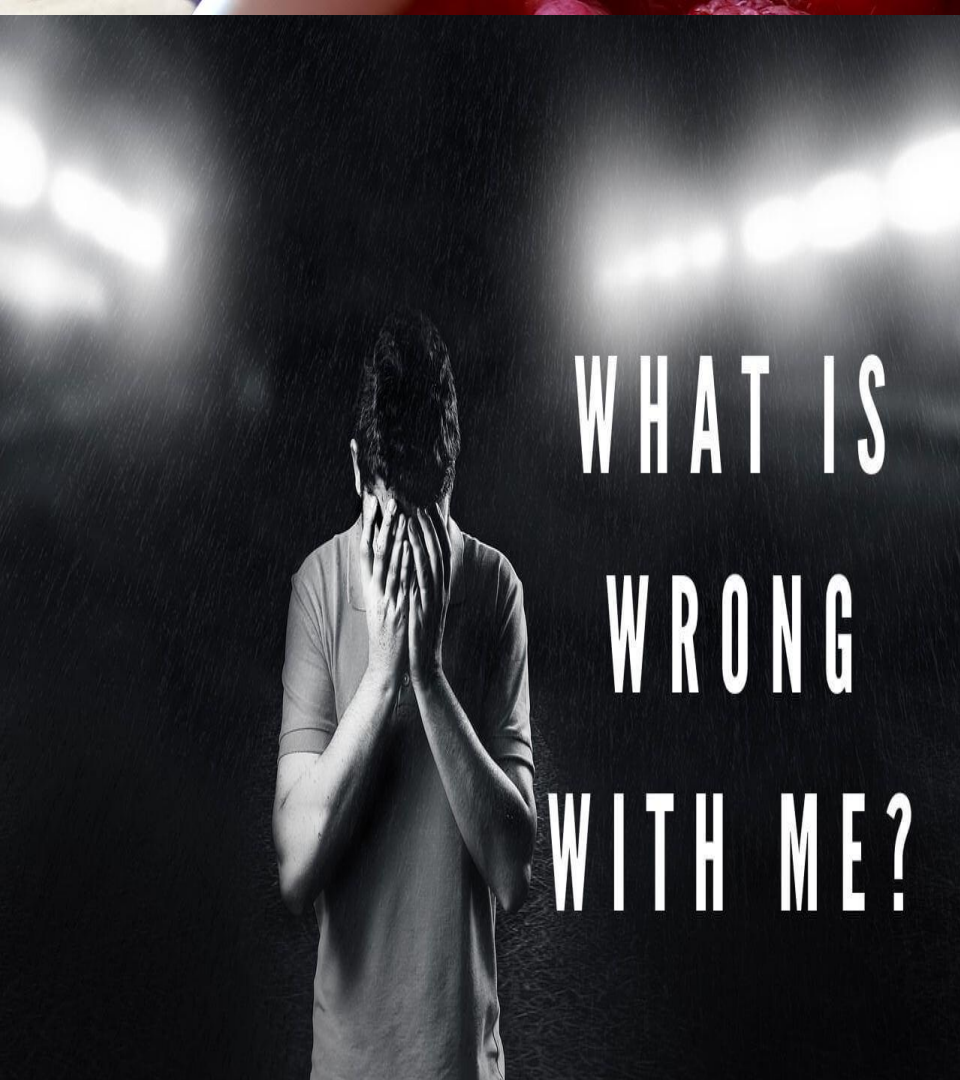
Anger is an emotion everyone may feel at some points in their lives. For some it can be a slight irritation at a situation/experience. It is part of our 'Fight or Flight' system. But for some it comes with physical symptoms that can be harmful, such as

- A rise in Blood Pressure, Tensing muscles and heart beat increasing just to name a few,

WHY WON'T THE ANGER
GO AWAY? WHY IS IT
GETTING WORSE?

While anger is a normal emotion sometimes it is magnified. The main cause for anger to continue or get worse is that you get triggered, which usually what triggers your anger is a past event and the current springs you back to the past where you have an unresolved trauma. When this is the case your anger will build and over spill into other situations





WHAT IS
WRONG
WITH ME?

Why do I feel this way? It's getting worse

The reasons for anger vary, but in some cases it could be a hormonal imbalance, depression, grief. And those are just a few reasons. The main reason for anger getting worse is because a lot of the time we get lost in feelings such as pain and do not truly deal with our hardships. Which in the end hurts us physically and emotionally.

WHAT CAN ANGER CAUSE?



The anger builds up with anxiety, depression, stress, etc. All of this can lead to physical health issues such as:

Headaches

Fatigue

Heart attack

Stroke.



WHAT CAN I DO TO SIMMER MY ANGER AND SAVE MYSELF?

Recognize External and Internal triggers:

Specific events and how we interpret them may cause anger. We must find ways to avoid them or if we are unable to avoid them we must teach ourselves ways to deal with them.

Ways to control our anger:

Don't Hold A grudge, Forgiving someone can be a very strong tool. Holding onto anger can cause you to be eaten up with bitterness,

Think before you speak, I know that sounds simple but when you take a moment it can help relax your mind and sometimes prevent the escalation

Use Humor, sometimes when we are angry using humor can relieve the tension we are feeling and dial down the situation we are in.

TOOLS FOR DEFUSING YOUR ANGER/OUTSIDE SOURCES

www.freemindfulness.org a collection of free downloads

www.headspace.com A free taster of mindfulness, with an opt-in to buy further sessions

How to Deal with Anger Mindful Publications 2018

Overcoming Anger and Irritability: a self-help guide using cognitive behavioral techniques William Davies Robinson 2009

WHY I CHOOSE THIS TOPIC

For me anger has always been a hot button issue (for a lack of a better less cliché phrase). I have read the books, done the meditations, done exercises and seemed to still be lost at times. But with the combination of all of the above along with identifying past traumas I have been able to lesson my anger. Learning that you can not control everything around you. But you can control yourself with help from outside sources.

WORK CITED

1. Lawler, Moira. <https://www.everydayhealth.com/self-care/>. May. 19. 2019. Everydayhealth
2. https://www.mcgill.ca/counselling/files/counselling/anger_moodjuice_self-help_guide.pdf
3. MayoClinicStaff. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434>. April. 14. 2022
4. <https://www.betterhealth.vic.gov.au/health/healthyliving/anger-how-it-affects-people>
5. Cumbria, Northumberland, Tyne, and Wear. NHS. Foundation Trust. <https://web.nrw.nhs.uk/selfhelp/leaflets/Controlling%20Anger.pdf>. PIC/88/0220. February. 2020. V5
6. Atkinson, William. "Managing Anger." *Children's Voice*, vol. 14, no. 2, 2005, pp. 14–17, <http://www.jstor.org/stable/45395452>. Accessed 05 May 2022.
7. Lowth, Mary. Anger Management. November 2018. https://www.researchgate.net/profile/Mary-Lowth/publication/330937422_Anger_Management/links/5c9c9592a6fdccd4603f41a2/Anger-Management.pdf?origin=publication_detail