



ANGER

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Why do people get angry?

Do you know why people get angry? Well, people can get angry by some irritation or maybe even if someone forces someone to do something that they really don't want to do. Now that you know why people get angry, I am going to tell you about what you should do when you are angry. Number one calm down. Now, when you are angry you might think, well how in the world do I calm down! Even though this does not work for everybody you could try to slowly count to 10. If this does not work, try drinking a glass of water. After that you could try listening to some nice soothing music such as: Mozart or any other classical type that you know. If this does not work for you as well, my best advice is that you sit calmly to meditate. By doing this you might feel a whole lot better. Now, after you are calmed down then probably the best thing to do is apologize to the person that you were mad at. This is what I think you should do when you are angry.

- ARCHITA GOYAL

How can I stop my Anger?

How do you try to stop your anger? I stop my anger by not talking to the person I am angry with for a little bit. I go to my room and read a book and try to relax. If you relax yourself then you won't feel as angry. If you have a stress ball that might help if you keep squeezing it. Whatever makes you relax will help you stop your anger. Anger is bad for your health physically, mentally, and spiritually. That means that it is not good to be continuously angry. Being angry is not a bad thing but not too often and your health will be fine.

- ANUJ GOYAL

SO DON'T GET ANGRY, BE HAPPY

Anger is common human emotion. Sometimes I am angry on my sister but I know anger is not meant for me so I try to calm down myself by doing my favorites things like playing ball, watching T.V .This is my suggestion to all of you, to try to control your anger otherwise it will lead you to the problems. Problems at work, in your personal relationships, and in the overall quality of your life. **SO "DON'T GET ANGRY BE HAPPY".**

-RAHUL THAWANI.

What is anger?

Anger is when someone is mad.
Anger could be dangerous.
You can be mad when you are in a fight.

You could be angry when someone hits you.
When you are angry you might say bad words.

- AMISHA TAYAL





Everybody has it in them, and we all can get rid of it.

Everybody has got angry right; I mean come on who in the world has not been angry?

Anger can come in varieties (from mild irritation to intense fury) and anger can be sparked up like a flame by a variety of people too (specific people, events, memory, or personal problems). Anger is a natural, potential, and dynamic emotion, but anger also can get out of control and become destructive and difficult to handle.

So why do we get angry? Most of the times people get angry when their expectations are not met-whether those expectations are about the future, about themselves, or about others. When our expectations are unmet, we revert to illusions of control. Unrealistically expecting all people to behave and all situations to turn out as we think they should. Anger over these unmet expectations often leads us to blame others and shift aggression towards them. There are three main ways of expressing anger-expression, suppression, and calming. Expression includes conveying your feelings in an assertive, but not aggressive, manner. This is the best way to handle your anger. However you must make sure that you are respectful of others and not being overly demanding or pushy, as this will only produce aggression in return. So remember it's not always good to get angry but it is good for your health to get angry a little bit!

- VINAY YADAV

"Anger is one letter short of danger."



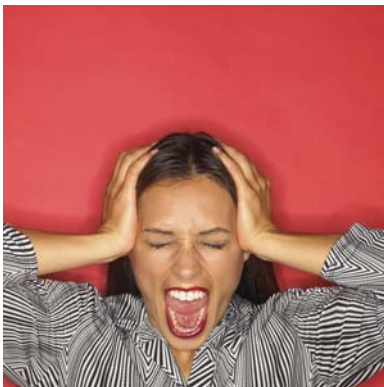
The worst of all deadly passions.

Anger is a very bad thing in life. It can create emotional, spiritual, physical, and mental problems. It can create destruction far then you can imagine. It will disturb you in your meditation and you won't be able to focus on your third eye. Anger is also one of the five deadly passions. The five deadly passions are ego, lust, greed, attachment, and anger.

Anger is the worst of the five deadly passions. Anger will not only affect you physically but mentally also, many people have had brain damage and brain surgery. Another thing about anger is that it makes your face look ugly, and that certainly doesn't help. Now you know what anger is and what it can do you, maybe now you will think about what you read in this article before you get angry.

- JAY AHUJA

For every minute you are angry, you loose 60 seconds of happiness.



Expectations

Nobody actually wants to get angry. **Anger is natural and** common because everybody has **expectation from others** and can make them upset at least once in their life. One usually gets annoyed when something does not go as they wanted or had planned or sometimes you get angry when someone has hurt your feelings. But expressing anger can cause health problem like higher blood pressure and even loss of memory. Your body feels weak and tired. Thus we should always avoid getting too angry. Happiness can keep you healthy!

- KANISHKA MEHRA

Results of Anger

I control my anger by taking time to sit down and let my anger out. If I ever get angry at night I go to sleep and in the morning I forget why I ever was angry. Anger is not good to keep in you because if you keep anger in and let it out on your friends **they might think you're mad at them for no reason when you are really mad at someone else.** If you are angry at someone you should tell them you are angry so you can solve your problem or why you were angry at them.

- RUCHI GOYAL

A real thief

Anger is a real thief, and it hurts most the sender. Anger's very nature is to steal, and it steals from us love and energy. This is why we must try to avoid anger from entering our heart. Sadly if anger does somehow enter our hearts, we must rush off and call the police. The police in this case consists of our inner treasures. If we meditate we will notice that we calm down, anger disappears, and our inner police appears.

As we meditate we reach a place of divine bliss where there is love and peace. At that point anger can no longer destroy our lives. Anger is a great obstacle, but it is something we can all overcome. In reality if we love someone, we cannot get angry; but for the time being we have lost our love. In order to regain our love, we have to call our inner-police to save our most precious love-treasure.

- GAUVRI GORAWARA

A verbal wound is as bad as a physical one

Anger is an emotional state that may range from minor irritation to intense rage. Anger can be in a fight. You can also call anger madness. Anger is sometimes real dangerous. When you are mad you can start yelling and shouting. And start saying bad words which is real bad. Dogs can get mad and when they are, they start barking and show their teeth. Cats might act nice but later it might scratch you or bite you. If you're angry talk about why you are mad, that might make you feel better. Anger is an intuitive signal. Anger can also be violent, destructive and/or harmful actions. When anger is in action it can be very hurtful. **Here is a story about Anger:**

There was a little boy with a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, to hammer a nail in the back fence. The first day the boy had driven 37 nails into the fence. Then it gradually dwindled down. He discovered it was easier to hold temper than to drive those nails into the fence. Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. **A verbal wound is as bad as a physical one.**"

- ARYAN TAYAL



Anger!!!



ANGER IN DEPTH:

Anger is both a physiological (body) and psychological (mind) process. Because of this, anger can have a negative impact on one's physical and emotional health. Besides just leaving a harmful effect on other people, one's anger can definitely hurt one's own health as well.

Anger is a powerful emotion. If it isn't handled appropriately, it may have destructive results for both you and your loved ones. Uncontrolled anger can lead to arguments, physical fights, physical abuse, assault, and self-harm. Anger can destroy families and their peaceful lives. Although outbursts may be momentary, their effects are life long. On the other hand, well managed anger can be a useful emotion that motivates you to make positive changes. Martin Luther King, Jr. and Mahatma Gandhi are two famous examples of people who managed their anger in a positive and well-controlled way. Their anger towards discrimination did not make them fight back using physical violence, but instead they used peaceful and managed ways like by delivering speeches and sermons, participating in rallies, and etc.

Anger triggers the body's 'fight or flight' response. Other emotions that trigger this response include fear, excitement and anxiety. The adrenal glands flood the body with stress hormones, such as adrenaline and cortisol. The brain shunts blood away from the gut and towards the muscles, in preparation for physical exertion. Heart rate, blood pressure and respiration increase, the body temperature rises and the skin perspires. Besides the 'fight or flight' scientific aspect, recent studies also show that many males with the XYY genotype tend to be far more aggressive and abusive than XY males.

Anger can manifest itself in many forms. A milder variety of it is called 'annoyance'. If it is intense and is not expressed, it is termed 'resentment'. When very intense and is translated or acted out in behavior, it is termed as 'rage'. People can get carried away in the semantics of how to describe anger. The bottom line is that extreme anger is worthless as it can lead to irrational behavior and sudden explosive outburst which can cause damage to property, relationships or to life.

Many people express their anger in inappropriate and harmful ways, including:

Anger explosions - some people have very little control over their anger and tend to explode in rages. Raging anger may lead to physical abuse or violence. A person who doesn't control their hot temper can isolate themselves from family and friends. Some people who fly into rages have low self-esteem, and use their anger as a way to manipulate others and feel powerful.

Anger repression - some people consider that anger is an inappropriate or 'bad' emotion, and choose to suppress it. However, bottled anger often turns into depression and anxiety. Some people vent their bottled anger at innocent parties, such as children, wives or pets.

Suggestions on how to express your anger in healthy ways include:

- If you feel out of control, walk away from the situation temporarily, until you cool down.
- Try to pinpoint the exact reasons why you feel angry.
- Once you have identified the problem, consider coming up with different strategies on how to remedy the situation.
- Keep a diary of your anger outbursts, to try and understand how and why you get mad.
- Consider assertiveness training, or learning about techniques of conflict resolution.
- Learn relaxation techniques. (Meditation)
- See a counselor or psychologist if you still feel angry about events that occurred in your past.

It is best to keep an "anger check" from an early age. Parents and guardians should help their children manage their anger in order to prohibit their children from turning into abusive adults. Expressing anger appropriately is a *learned* behavior. Suggestions on *helping your child* to deal with strong feelings include:

- Lead by example.
- Treat your child's feelings with respect.
- Teach practical problem-solving skills.
- Encourage open and honest communication in the home.
- Allow them to express their anger in appropriate ways.
- Teach your child different ways of calming and soothing themselves.

So in a nutshell, anger is harmful if it is not handled properly. So, control your outbursts to save your relationships, and to have a peaceful life for yourself and your loved ones.

- SUHANI GANDHI