

TTIS 24-30/5/10 BEING ANGER SMART

Gandhi had a sign reading:

"When you are in the right you can afford to keep your temper; and when you are in the wrong, you cannot afford to lose it."

We all feel angry at times, its human. However it is important to get rid of our anger without hurting ourselves or others. This is what we need to understand, learn and with practice make our habit. Gandhi's autobiography gives you insight into his experiments with himself on controlling anger. Many of us feel that being angry is my second nature, I cannot help it...such statements do not help as said by John Maxwell, If you keep doing what you've always done, you'll always get what you've always got.

If we really want to change our pattern of getting too angry too soon we will make effort. Verbalizing negative thoughts, only reinforce your lack of readiness to look for methods to control our anger. It is all about developing new modes to release negative emotions as well as be conscious and believe that anger can be controlled.

Some of the very simple things you could practice are as follows :-

■ **Get away from the thing that is making you angry.**

When you do, it is usually easier to deal with the problem and think

more clearly.

■ **Exercise is a great way of letting it out.**

Kick a football, Run around the block, Hit a tennis ball, Go for a walk, Yell into your pillow.

■ **Relax & Visualize**

- Calm yourself down. Take a deep breath. As you exhale, imagine all those bottled-up fury come out of your nose and mouth. Release it and be free. Repeat this step over and over until you feel peace inside. Then visualize being in a place where you feel most happy, calm, and relaxed. It may be a place like a beach, garden, scenic locations, or anywhere else you might think of. Just imagine being there and inhaling the essence of your serene environment.

"Speak in anger and you'll give the greatest speech you'll ever regret." Remember that if your do or say something when you are angry, you cannot take it back.

■ **Forgive and forget.**



Counseling psychologist, teacher and parenting expert, **Salony Priya** is here with her column, **DIFFERENT STROKES**, to help parents and students cope with their problems. We invite any queries or questions you may have about your careers, studies or peer pressure.

DIFFERENT STROKES



Nothing could ease your mental and emotional pains better than by forgiving someone that has hurt you in the past. It is very unhealthy to burden yourself with unnecessary torture brought about by unpleasant mem-

ories of other people's demeaning acts.

■ **Choose to talk -**

It helps to talk to a friend who could act as a "sponge" someone who soaks in the problems. We feel relieved when we voice out all our problems to close friends and relatives. That's the power of voicing out your inner feelings. Always have someone to talk to when

you're down, when you're depressed, when you're mad, or in any other occasion when you feel you have to get the thorns out of your chest.

If someone has treated you unfairly, it may be nothing to do with you. Don't let it become your problem. Experiencing anger is extremely

dangerous to your health. It causes your adrenaline and blood pressure to rise up at above normal levels. Moreover, you could end up hurting someone or doing something that you will regret later on.

"The degree of one's emotion varies inversely with one's knowledge of the facts -- the less you know the hotter you get." Let us try and know more about what makes me angry and why do I get angry? Moment you can identify the what, do not focus on who, rather focus on 'yourself' and question why does that thing make me angry? More you can think and find answers to these questions, you would develop insight into controlling angry outburst as well as develop a sense of inner peace and calmness.

So try and take a pledge to be anger smart!

Salony Priya

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2. Exercise is a great way of letting it out. Kick a football, Run around the block, Hit a tennis ball, Go for a walk, Yell into your pillow.
3. Relax & Visualize -Calm yourself down. Take a deep breath. As you exhale, imagine all those bottled-up fury come out of your nose and mouth. Release it and be free. Repeat this step over and over until you feel peace inside. Then visualize being in a place where you feel most happy, calm, and relaxed. It may be a place like a beach, garden, scenic locations, or anywhere else you might think of. Just imagine being there and inhaling the essence of your serene environment.

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4. Forgive and forget.

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