

Editorial note on Anger Control

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Editorial Note

Anger is a natural and emotional response which is often conveyed aggressively. It comes out naturally as defence mechanism when someone thinks they are being threatened.

Anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage," according to Charles Spielberger, PhD, a psychologist who specializes in the study of anger. Like other emotions, it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenaline.

Anger can be caused by both external and internal events. You could be angry at a specific person (such as a coworker or supervisor) or event (a traffic jam, a canceled flight), or your anger could be caused by worrying or brooding about your personal problems. Memories of traumatic or enraging events can also trigger angry feelings.

The instinctive, natural way to express anger is to respond aggressively. Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviors, which allow us to fight and to defend ourselves when we are attacked. A certain amount of anger, therefore, is necessary to our survival.

On the other hand, we can't physically lash out at every person or object that irritates or annoys us; laws, social norms, and common-sense place limits on how far our anger can take us.

People use a variety of both conscious and unconscious processes to deal with their angry feelings. The three main approaches are expressing, suppressing, and calming. Expressing your angry feelings in an assertive—not aggressive—manner is the healthiest way to express anger. To do this, you have to learn how to make clear what your needs are, and how to get them met, without hurting others. Being assertive doesn't mean being pushy or demanding; it means being respectful of yourself and others.

The goal of anger management is to reduce both the emotional

feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your reactions. There are psychological tests that measure the intensity of angry feelings.

Some people in general are hotheaded than an average person, they get angry more easily and intensely and there are people who don't show angry in crowded places but instead are grumpy and irritable. Easily angered people don't always curse and throw things but instead they withdraw socially, sulk or get physically ill.

People who are easily angered have low tolerance for frustrations meaning they can't control their anger and may burst out so it should be kept in mind not to cause inconvenience, frustration or annoyance to them. The exact cause for anger is not known but it can be due to genetic or psychological, there is evidence that some children are born irritable, touchy, and easily angered, and that these signs are present from a very early age. Another may be sociocultural. Anger is often regarded as negative; we're taught that it's all right to express anxiety, depression, or other emotions but not to express anger. As a result, we don't learn how to handle it or channel it constructively.

There are few remedies to manage anger such as Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm down angry feelings or changing the way you think about yourself in a logical way.

Angry people tend to jump to—and act on—conclusions, and some of those conclusions can be very inaccurate. The first thing to do if you're in a heated discussion is slow down and think through your responses.

"Silly humor" can help defuse rage in a number of ways. For one thing, it can help you get a more balanced perspective.

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