



Beacon

Smt. M.M.P Shah Women's College of Arts and Commerce

Department of Psychology Publication

VOLUME 1, ISSUE 2

OCTOBER 2011

ANGER EXAMINED!

Anger and intolerance are the enemies of correct understanding.

M. K Gandhi

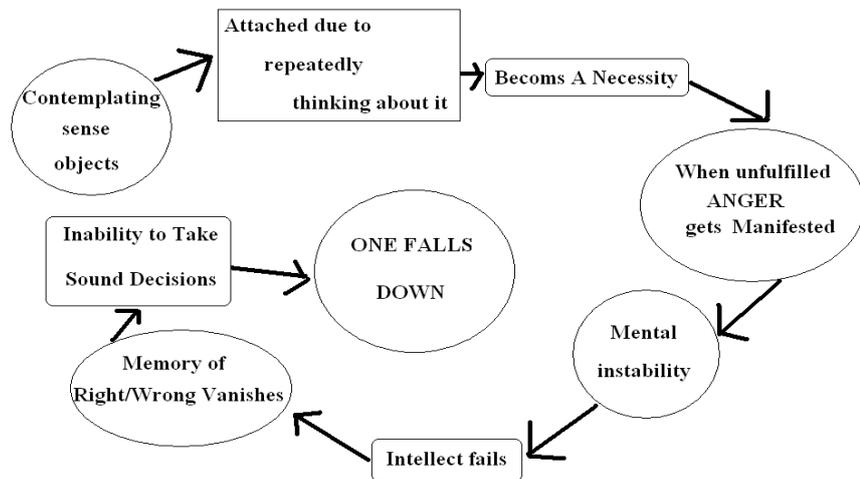
INSIDE THIS ISSUE:

- Beacon 2
- Know thy self! 2
- Consequences of anger 3
- Anger- a Poem 3
- 8 steps to Anger Management 4
- How to deal with student aggression 4

One of the biggest obstacles to personal and career success is anger. When we fail to control our anger, we suffer several blows:
 Anger impedes our ability to be happy, because anger and happiness are incompatible. Anger sends marriages and other family relationships off-course.
 Anger reduces our social skills, compromising other relationships, too.
 Anger means lost business, because it destroys relationships.
 Anger also means losing business that you could have won in a more gracious mood.
 Anger leads to increased stress (ironic, since stress often increases anger).

We make mistakes when we are angry, because anger makes it harder to process information.
 People are beginning to wake up to the dangers of anger and the need for anger management skills and strategies. Many people find anger easy to control. Yes, they do get angry. Everybody does. But some people find anger easier to manage than others. More people need to develop anger management skills.
 The Sequence of Anger
 Anger is usually "triggered" by an occurrence, like stubbing your toe on an inanimate object or by something that someone says. Next, you think something like "what did I do to deserve that". However, at this point,

emotion takes over your mind and the "pain" of the situation leads you to believe the answer to your question is "Nothing. I didn't deserve that at all!" Feelings of hurt and betrayal further try to override logic and you're ready to act on your anger by either suppressing it or expressing it.
 Anger needs to be expressed. Yet, aggressive displays of anger can result in violent eruptions that further hurt you socially, mentally, and physically. The goal of anger management is to help you find healthy ways to express your anger and resolve the problems that ignite it. The first step in anger management is learning to define the problem and face it head on!



dhyayato vishayan pumsah sangas teshupajayate |
 sangat sanjayate kamah kamat krodho 'bhijayate ||
 krodhad bhavati sammohah sammohat smriti-vibhramah |
 smriti-bhramsad buddhi-naso buddhi-nasat pranasyati ||



“Every time you get
angry, you poison
your own system.”

~Anonymous



BEACON

Psychology is a science of the behavior of living organisms. The application of this knowledge to real life is an art. ‘Beacon’ is an endeavor of Department of Psychology to bring about a confluence of this science and art. We have always been involved in the pursuit of attempts to ensure mental well being of one and all, at least in our sphere of influence. This is one more step in that direction.

It has been our dream to share our knowledge of psychology with others since the subject is one which can have profound influence on quality of lives people lead. The theme for this edition of Beacon is Anger Management which is so crucial for a successful life, impacting both the personal and professional arenas. Anger, an important emotion, if expressed appropriately in a socially accepted manner, can mitigate many of life’s difficult circumstances.

My kudos to lecturer Vaishnavi Verma and the team of students, Krina Gala, Urmi Chhaphia, Riddhi Chhotia, and Raina Shah, for their efforts in bringing out this second issue of Beacon.

Mrs. Archana Patki
Head, Department of Psychology

KNOW THY SELF!

For each statement below mark your answer within the categories of ‘1. Almost Never, 2. Sometimes, 3. Often, 4. Almost Always.’

1. I have a fiery temper.
2. I am quick tempered.
3. I am a hot-headed person.
4. I get annoyed when I'm singled-out or corrected.
5. I get furious when I'm criticized in front of others.
6. I get angry when I'm slowed down by others' mistakes.
7. I feel infuriated when I do a good job and get a poor evaluation.
8. I feel annoyed when I'm not given recognition for doing good work.
9. I'm irritated by people who think they are always right.
10. When I get mad, I say nasty things.
11. I feel irritated.
12. When I get frustrated, I feel like hitting someone.
13. It makes my blood boil when I'm pressured.

Now add up your scores.

A Score between 13 and 23 indicates that you do not have much difficulty communicating and reacting to stress in positive or productive ways.

A Score of 24 to 34 indicates that although you consider yourself to be a nonviolent person, you sometimes struggle to overpower your urge to yell or behave inappropriately in some situations.

A Score of 35 to 45 indicates that your temper often has free reign, especially when you're tired or not feeling well. At these times everything seems bigger than it really is and your ability to think of anger-free solutions is very difficult if not impossible.

A Score of 36 to 52 indicates that acting out angrily is a major habit. Your life will never be fulfilling until you learn to control your anger.

CONSEQUENCES OF ANGER

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, and assault and self-harm. On the other hand, well managed anger can be a useful emotion that motivates you to make positive changes.

The physical effects

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. The mind is sharpened and focused.

Health problems

The constant flood of stress chemicals and associated metabolic changes that accompany recurrent unmanaged anger can eventually cause harm to many different systems of the body. Some of the short and long term health problems that have been linked to unmanaged anger include:

- Headache
- Digestion problems, such as abdominal pain
- Insomnia
- Increased anxiety
- Depression
- High blood pressure
- Skin problems, such as eczema
- Heart attack
- Stroke.



The Emotional Effects:

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 or pets.



ANGER

I am a silent creature.
 An inborn and learnt part of your nature.
 I am as silent as a cat or as scary as a bat.
 I come in when you least expect it.
 For my wicked ways you'll be the one others give total credit.
 I huff and I puff.
 I make your emotional roads rough.
 Beware of me unsuspecting beings
 For I take advantage of the human power of feelings.
 For I am anger.
 And I am always waiting to give your head a solid banger.

Urmi chhopia

8 STEPS TO ANGER MANAGEMENT

For those who have a tough time controlling their anger, an anger management plan might help. Think of this as your emotional control class, and try these self-help anger management tips:

Step 1

Ask yourself this question: "Will the object of my anger matter ten years from now?" Chances are, you will see things from a calmer perspective.

Step 2

Ask yourself: "What is the worst consequence of the object of my anger?" If someone cut in front of you at the book store check-out, you will probably find that three minutes is not such a big deal.

Step 3

Imagine yourself doing the same thing. Come on; admit that you sometimes cut in front of another driver, too ... sometimes by accident. Do you get angry at yourself?

Step 4

Ask yourself this question: "Did that person do this to me on purpose?" In many cases, you will see that they were just careless or in a rush, and really did not mean you any harm.

Step 5

Try counting to ten before saying anything. This may not address the anger directly, but it can minimize the damage you will do while angry.

Step 6

Try some "new and improved" variations of counting to ten. For instance, try counting to ten with a deep slow breathe in between each number. Deep breathing -- from your diaphragm -- helps people relax.

Step 7

Or try pacing your numbers as you count. The old "one-steamboat-two-steamboat, etc." trick seems kind of lame to me. Steamboats are not the best devices to reduce your steam. How about "One-chocolate-ice-cream-two-chocolate-ice-cream", or use something else that you find either pleasant or humorous.

Step 8

Visualize a relaxing experience. Close your eyes, and travel there in your mind. Make it your stress-free oasis.

HOW TO DEAL WITH STUDENT AGGRESSION

- Remain calm. This may be difficult if the student is agitated. However, your reasoned response will help establish a constructive tone and avoid aggravating the student further.
- Take a non-defensive stance, and convey your interest and concern to the student. Include a discussion of the student's educational objectives and aspirations. Try to understand where the student is coming from and, if possible, to reach a mutual understanding.
- Ask questions and summarize what you hear the student saying. Respectful concern as an educator may enable you to help the student to be successful in your class.
- Be specific about the inappropriate behaviour that the student has exhibited. Focus on the behaviour, not the person. Explain why the behaviour is problematic.
- Highlight areas of agreement between you and the student. For example, you both want the student to do well in the class.
- Conclude by summarizing any resolution, and by clearly articulating your expectations and the consequences for the persistence of disruptive behaviour.
- If the student is irrational or threatening, then it's critical to involve others. Refer the student to the college counsellor for professional intervention.
- If it doesn't go well because the student is entrenched in a mindset, perhaps irrationally angry, you should nonetheless feel good about the fact that you made an attempt to meet the student in an empathic and respectful way.