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# ANGER: KNOW HOW TO MANAGE IT

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## What is anger?

How do you feel when someone blames you or suddenly crosses your lines? ANGRY right? Everybody experiences anger. Anger is a completely normal, usually healthy human emotion. However, when it gets out of control and turns destructive, it can lead to problems; at work, personal relationships, and overall quality of our lives.

## How does it happen?

Anger can be triggered by both external and internal events. You could be angry at a specific person (such as colleagues, or students) or event (such as a traffic jam, or a canceled trip), or it could be caused by worrying or brooding about your personal problems.

## How to express anger?

People usually express anger aggressively, which allows us to fight and defend ourselves when we are attacked. On the other hand, we can't physically lash out at every person or object that irritates or annoys us because our laws, social norms, and common sense place limits.

## How To Manage Anger

Express your anger. Unexpressed anger can create other problems. It can lead to passive-aggressive behavior such as getting back at people indirectly, without confronting them, or you might have a personality that

seems perpetually cynical and hostile. People who constantly put others down, criticize everything, and make cynical comments do not know how to constructively express their anger. These people are not likely to have many successful relationships.

Express your anger assertively (not aggressively) - this is the healthiest way to express anger. To do this, you have to learn how to make clear what your needs are without hurting others. Being assertive doesn't mean being pushy or demanding. Please respect yourself and others.

Suppress your anger, and then convert or redirect. When you hold in your anger, stop thinking about it, and focus on something positive. By doing this, you can convert your anger into some constructive behavior. However, if it is often not expressed outward, your anger can turn inward-on yourself. Anger turned inward may cause hypertension, high blood pressure, or depression.

Calm down inside; controlling your outward behavior and internal responses. Try taking steps to lower your heart rate, calm yourself down, and let the feelings subside.

Finally, if you find yourself in a state of anger, try to control or manage it. Maintain a positive attitude towards life and live in a healthy lifestyle. Seek to contribute to a happy and fulfilling life.

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