

Dealing with Anger Effectively

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Remember experiencing these situations: Storming out of the boss's office because you were accused of not meeting the monthly sales' target. Screaming at a colleague for 'borrowing' stationery. Or simply yelling at your loved ones after a stressful and tiring day at work. Yes, we all experience an emotion so powerful that could work for or against you-Anger.

Anger is an emotion that helps us instinctively detect and respond to a threatening situation. When it is properly channeled, it can be a powerful motivating force or an emotion that gets out of control, leading to stress and unhappiness. Uncontrolled anger can seriously damage your personal and professional life because it can become incredibly destructive to yourself and the people around you. Some physical symptoms that one might experience when one gets angry includes body trembling, muscle tension, goose bumps, accelerated heartbeat and raising of one's voice.

And in the workplace that often involves teamwork and communication, it can cause great damage to working relationships. Since every human being experience anger at one point or another, be it during work or play, being able to cope and channel anger in a positive way is absolutely crucial in reducing one's stress level;- not to mention the ones that are around you as well.

Here are some tips on managing anger before it manages you:

1.) Use a support network

If you know that you are susceptible to losing your temper, let the people who cares about you know that you are trying to cope with the problem. The first and most important step in any support network is being able to admit that you have a problem. Do not look at it at a weakness but rather as show of the strength of your character as not everyone has the courage to face and admit that they have a problem. Let the people you love and trust be the source of your motivation to curb your anger. Whenever you feel like you are going to 'lose it', think of how you would make the people in your support network feel if you do.



2.) Listen to people

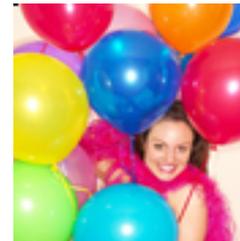
Make doubly sure that you are listening to what others are saying because one of the main causes of anger is miscommunication. Things would be so much simpler if you had heard the other person apologize before you start lashing out at him/her without battling an eyelid.

3.) Relaxation technique

If you are the type who loses your temper easily, spend at least thrice a day, five minutes each time to simply close your eyes and relax. Clear your mind from all work and personal problems and take deep, slow and regular breaths. This is a simple yet powerful way of coping with anger and you will soon realize that after performing these relaxation techniques, you will feel a lot calmer. This will result in better clarity of thought and rationalization of problems which would make you solve problems in a more systematic and constructive way rather than boiling over.

Alternative Healing techniques

- Drink some warm water with a tinge of lemon as it has a calming effect on the body.
- Colour Therapy: Different colours have a different effect on our moods. Red is a colour that usually makes one feel strong and powerful. Purple is a colour that increases one's creativity while blue and green have general calming effect. Wear light colours like white, green and blue. These colours have a subconscious calming effect on us and it decreases the likelihood of us losing our temper. This is one of the reasons why an operating theatre in almost all parts of the world is in shades of green. It relaxes the mind.
- Acupressure: Press the tips of your fingers together (forming a 'steeple like' shape) firmly for at least 5 minutes. When you do this you are actually stimulating the nerves to calm down the entire body.
- Herbal Therapy: Prepare a small cup of tea and mix it with dandelion, artichoke leaf or milk thistle and drink this concoction twice a day:



Even though one might not be able to control your anger all the time, at least by trying to effectively cope with it majority of the time will make life a much more pleasant and fulfilling journey for you and those around you.