

Anger – Mayo Clinic

Ecclesiastes 7:9

Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Proverb 16:32

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

1 Peter 5:8-9

Be self-controlled and alert. Resist the devil for he prowls around like a roaring lion, seeking his prey. Resist him, standing firm and steadfast in the faith, "knowing that the same afflictions are accomplished in your brethren that are in the world." All your brothers are facing the same problem and surviving.

ANGER CAN BRING ABOUT ANXIETY

HOW ANGER AFFECTS YOUR HEALTH

Intense and uncontrolled anger is linked to health conditions such as:

- high blood pressure,
- headaches,
- backache,
- insomnia,
- skin conditions
- digestive disorders such as irritable bowel syndrome (IBS),
- depression,
- anxiety,
- heart attack, and
- stroke.

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It can weaken your immune system so you are more likely to pick up infections and you are less able to recover from operations, accidents or major illnesses. Anger also makes you more sensitive to pain. If anger is hidden or buried, it can lead to:

- eating disorders,
- self-injury,
- misuse or drugs and/or alcohol, and
- low self-esteem

MAYO CLINIC STAFF: ANGER MANAGEMENT TIPS

10 tips to help get your anger under control:

1. Take a 'timeout.' Although it may seem cliché, counting to 10 before reacting really can defuse your temper.
2. Get some space. Take a break from the person you're angry with until your frustrations subside a bit.
3. Once you're calm, express your anger. It's healthy to express your frustration in a nonconfrontational way. Stewing about it can make the situation worse.
4. Get some exercise. Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a brisk walk or a run, swim, lift weights or shoot baskets.
5. Think carefully before you say anything. Otherwise, you're likely to say something you'll regret. It can be helpful to write down what you want to say so that you can stick to the issues. When you're angry, it's easy to get sidetracked.

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6. Identify solutions to the situation. Instead of focusing on what made you mad, work with the person who angered you to resolve the issue at hand.
7. Use 'I' statements when describing the problem. This will help you to avoid criticizing or placing blame, which can make the other person angry or resentful — and increase tension. For instance, say, "I'm upset you didn't help with the housework this evening," instead of, "You should have helped with the housework."
8. Don't hold a grudge. If you can forgive the other person, it will help you both. It's unrealistic to expect everyone to behave exactly as you want.
9. Use humor to release tensions. Lightening up can help diffuse tension. Don't use sarcasm, though — it's can hurt feelings and make things worse.
10. Practice relaxation skills. Learning skills to relax and de-stress can also help control your temper when it may flare up.