



Handling the Anger and Stress Management

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Abstract: Stress is a physiological and psychological imbalance. Stress comes in all forms and affects people of all ages and all walks of life. It arises due to the demands on a person and that person's inability to meet these demands. Stress is the body's way of reacting to any situation and it can have serious repercussions on an individual's life. Anger is a emotion. It is ok to be angry. Anger management programmes for offenders typically aim to improve the management of emotion associated with aggressive and antisocial behavior .In this article, we'll look at what is anger, and stress is, and what its consequences can be. We'll also look at strategies that we can use to control anger and aggression. This paper focuses on handling the stress and anger management and its advantages and disadvantages.

Keywords: Stress Management, Anger Management, Time Management, Emotion.

Introduction

“Anger and Stress are two of the most significant contributors to ill-health and premature death in the Western world.” (*Mike Fisher – Beating Anger*)

Anger is a normal, natural and unavoidable human emotion. Everybody will feel anger at some point in their life – and it can range from irritation to full blown rage. It ranges in intensity, frequency and length of time according to the individual, the trigger, as well as how quickly you become angry. Some people get angry on a regular basis whilst others only get angry occasionally. Anger is the emotion we feel when we are triggered by a situation that we don't like. Sometimes there are other emotions that precede our anger such as fear, guilt, hurt, upset or insecurity. Professional support is valuable in order to help you to get the source of the anger, which may even go back to your childhood and can help you with any issues. Every person has a different relationship with their anger –some are very comfortable with it, others are not

even aware of it and bottle up, whilst others use it as a tool of self defense and revenge. Sometimes you may even be scared of your anger especially if you have a temper.

Most people believe that Anger means Violence and if they are not violent they don't need to consider anger management. This is completely untrue. Anger does not mean that you are violent. Anger can range from feelings of frustration, irritation and annoyance to rage and beyond. You need to acknowledge you need anger management if you are impatient, intolerant, grumpy, argumentative, a road ragger, a bottle-upper, aggressive, have outbursts, shout, swear, throw things and so on.

Stress is believed to be a state of mind as well as body, created by certain biochemical reactions in the human body as well as psychological responses to situations, and it is reflected by a sense of anxiety, tension and depression and is caused by such demands by the environmental forces or

internal forces that cannot be met by the resources available to the person.

Reviews based on the study

- Psychologist Howard Kassinove, PhD, of Hofstra University (1997), says the number of patients he saw clinically for problem anger just didn't correspond with the relative lack of attention to it in the academic literature. "Anger has been an understudied emotion," he says. "I was in clinical practice for more than 25 years. An enormous number of people come in with anger problems, but the literature base is small, there are no anger diagnostic categories and psychology textbooks rarely mention anger."
- Carmeli (2003) Attempted to narrow this gap by empirically examining the extent to which senior managers with a high emotional intelligence employed in public sector organizations developed positive work attitude, altruistic behavior, and work outcomes. The result indicated that emotional intelligence. Augments positive, altruistic behavior, work outcomes, and moderated the effect of work-family conflict on career commitment but not the effect on job satisfaction.

Sources of Stress

- Internal Stress – it is generally happens when individuals worry about things outside their Control. This kind of stressors is always in hurry and is impatient.

- External Stress- it is a result of stress from the environment. This can be stress from family, work, peers, and friends.

Types of Stress

- Personal Stress
- Work related Stress

Personal Stress : This is extra- organizational stress. Individuals play many roles in life like that of a father, brother, friend, wife, sister, etc,

Family stress: Family stress may arise from conflict of ideas or relationships with spouse, children, siblings, parents. Its consequence of ill health of a family member. For example, financial problems, a divorce, or the death of a dear one.

Health related stress: This may be a result of undetected or neglected health problems. For example, a person may neglect minor ill health, which over period may develop into a serious health problem that may require immediate attention.

Society related stress: Society related stress occurs due to the influence of the society on an individual. For example, friends, colleagues, and neighbors, etc.,

Work-related Stress: This is organizational stress. Work- related stress relates to the working environment and policies of the organizations. It can be further classified into organizational stress and job stress.

Organizational stress: The stress resulting from the conflict of organizational goals with personal goals is called organizational or work place stress.

Job stress: Stress that occurs due to lack of resources or scarce resources at the workplace is called job stress.

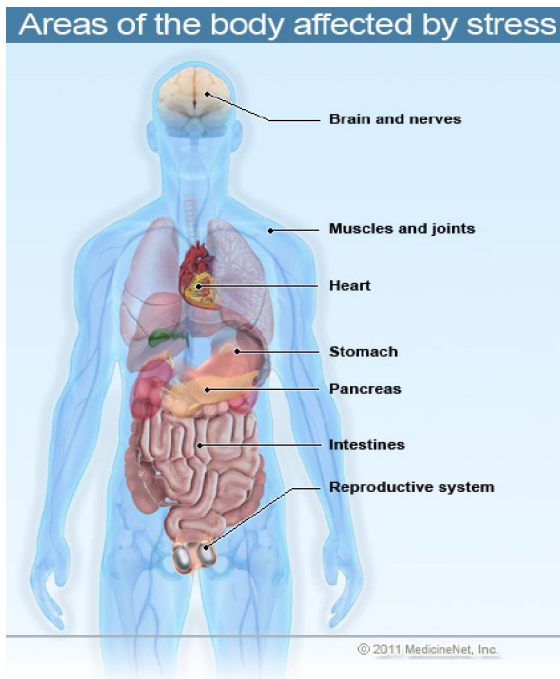
Time and Stress: Stress is a result of doing things at the wrong times. It is a result of mismanaging time and striving hard to stick to deadlines. Time management and Stress management are inter-dependent. Time management includes planning, delegating, organizing, and performing tasks as schedule. Stress management deals indirectly with time management, as time management is a measure to keep stress under control.

Techno-stress: Technological innovations like mobiles, laptops, and game stations are adding to the stress levels of individuals.

symptoms include sweating, headache, dizziness, trembling or shaking, racing heart beat, muscle tension, and chest pains. Etc.

Stress management techniques

Stress management can help you to either remove or change the source of stress, alter the way you view a stressful event, lower the impact that stress might have on your body, and teach you alternative ways of coping. Stress management therapy will have the objective of pursuing one or more of these approaches. Stress management techniques can be gained if you read self-help books, or attend a stress management course. You can also seek the help of a counselor or psychotherapist for personal development or therapy sessions.



Benefits of Anger Management:

- Better judgment
- Taking responsibility for your actions
- Feel more empowered
- Get on better with others
- Manage conflict better
- Feel happier and calmer
- Enjoy better health and feel less stressed
- Become more creative and productive
- Improved relationships
- Prevent yourself doing things you may later regret
- Be able to express anger appropriately and stay in control

Symptoms of anxiety

There are physical and emotional symptoms of anxiety. Emotional symptoms include trouble focusing, irritability, restlessness, and depression. Stress and anxiety wear down the body. Physical

Physical Effects of anger

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.

Controlling anger

There are three key elements

1. Understanding what causes your anger.
2. Reducing your angry reactions.
3. Controlling your anger when you experience it.

Suggestions on how to express your anger in healthy ways include:

- If you feel out of control, walk away from the situation temporarily, until you cool down.
- Recognize and accept the emotion as normal and part of life.
- Try to pinpoint the exact reasons why you feel angry.
- Once you have identified the problem, consider coming up with different strategies on how to remedy the situation.
- Do something physical, such as going for a run or playing sport.

Conclusion

Anger is a powerful force that can jeopardize your relationships, your work, and your health, if you don't learn to manage it effectively. To manage anger, acknowledge that you have a problem, keep a hostility log, and build a support network based on trust. Stress is the body's reaction to the external demands placed upon it by the environment. Stress can be either good or bad. Good stress is temporary and has no long term effects on the body. Bad Stress creates an alarming reaction in the body. Also, use techniques to interrupt your anger, listen, empathize, be assertive with others, and learn to relax, as well as laugh at yourself. Stress should be identified and treated in the early stages or it could result in a burnout. Finally, don't let anger get in the way of the joys in life, and learn to forgive people that who makes you angry.

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