

ANGER MANAGEMENT

Here are 7 fantastic tips to help you be the one in control of yourself, and not the hazardous madman called "Anger."

1) **Relax and visualize.**

Calm yourself down. Take a deep breath. As you exhale, imagine all those bottled-up fury come out of your nose and mouth. Release it and be free. Repeat this step over and over until you feel peace inside.

Then visualize being in a place where you feel most happy, calm, and relaxed. It may be a place like a beach, garden, scenic locations, or anywhere else you might think of. Just imagine being there and inhaling the essence of your serene environment. By doing this, you will not find it hard to attain inner peace.

2) **Pour out your anger to safe outlets.**

You had a big quarrel with your former friend. He betrayed your trust. You want vengeance and you're raving mad.

Hold it. Restrain yourself.

Try your best to get away from him as far as you can. You don't want to hurt anyone. Anger can possess your brain into doing something that you wouldn't dare do before.

How do you then release your anger if you can't restrict it anymore?

Buy a punching bag, then pour out all your rage in it. Punch it, kick it, strangle it. Imagine the punching bag is your enemy. When you're done, you will feel a sense of satisfaction. You may even punch and kick through thin air if you desire.

Another way to release it is "SHOUT!" Find a distant place where you can be alone - a place where no one can hear you. At the top of your voice, yell out loud "Aaaaaaaaarrrrrrrrrgggggghhhhhh." You can choose any word you like as long as you release all those angry demons out of your chest.

3) **Forgive and forget.**

Nothing could ease your mental and emotional pains better than by forgiving someone that has hurt you in the past. It is very unhealthy to burden yourself

with unnecessary torture brought about by unpleasant memories of other people's demeaning acts.

Moreover, if they have taken something important away from you, would it make sense to also sacrifice your health and lifestyle? Of course not.

4) Exercise.

Engaging in exercises increases your endorphins. Your angry mood could miraculously change to a happy one if you get involved in exercises that you enjoy doing.

5) Have a circle of "sponge" friends.

Do you feel relieved when you voice out all your problems to close friends and relatives? That's the power of voicing out your inner feelings.

Always have someone to talk to when you're down, when you're depressed, when you're mad, or in any other occasion when you feel you have to get the thorns out of your chest.

6) Listen to soothing music.

It calms your soul. A 20 minute session of listening to relaxing music while resting comfortably could soothe the upset spirit. Take deep breaths often.

7) Pray.

Deadly consequences arise when people could not hold back their fury. Ask for guidance that you will be able to control your temper. Prayers bring inner peace to those who ask for it.

There you have it - 7 essential rules to release yourself from the treacherous killer known as "Anger." Manage your anger, save your life.