

All people have different emotions, some of them express emotions positively and others unpleasantly and negatively. Someone who thinks positively sees a problem as simply a new opportunity to learn and feels that every problems expand the scope of their mind. Every time they face anxiety-provoking and unpleasant situations, they can change and resolve their anxiety, anger, and frustration.

Definition of anger:

Anger is a natural behavioral response that a person displays physically and emotionally in times of frustration and distress, and is accompanied by physical changes. The following statements are signs of anger:

- I can't stand your look anymore.
- Everything I'm going through is because of you.
- Why don't you understand? I didn't do this.
- Stay there if you dare.
- I'm sick of all this nonsense.
- I'm fed up with your excuses.

Why should we know about anger and rage?

Because anger is an emotion that is expressed in the worst way these days, while there are other ways to express it. Anger can be expressed in the following ways:

Beneficial: Anger makes us excited, so when we are angry we can do difficult things that we previously thought were impossible.

Destructive: If we are careless about our anger or express it in the wrong way, then we may hurt ourselves or others.

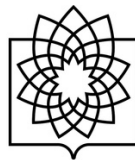
Anger-provoking situations:

- The person is ridiculed and humiliated by others.
- They feel ignored, neglected, or unsupported by those around them.
- They are deceived.
- They have had successive failures and setbacks.
- They cannot defend their rights and have been oppressed.
- They have had unfulfilled goals.

Different ways of expressing anger:

- Some people control their behavior and suppress it when they get angry.
- Another group shows their aggression intensely and harms the environment and others through inappropriate behavior.
- Some express their anger wisely and assertively.
- They express their feelings and desires in the form of writing and reading, which serves as self-help and emotional release.
- Combining emotional approaches with constructive behavioral methods, logical and rational methods can make you feel better.

Anger Management



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Tips

- Anger is a natural behavioral response that a person makes in times of frustration and distressing situations, both physically and emotionally, and is accompanied by physical changes.
- Getting enough sleep and rest can help prevent irritability. Techniques such as meditation, deep breathing, muscle relaxation, and visualizing beautiful sceneries can reduce the tensions that lead to angry outbursts.



Uncontrolled anger carries the following risks:

Crimes: Anger sometimes leads to aggressive behavior, property destruction, murder, and other criminal behaviors.

Abuse: For example, parents who cannot control their anger may physically or emotionally harm their children.

Increased aggressive behavior: A person who succeeds in controlling others through anger will strengthen their aggressive behavior and become more aggressive.

Anger management practices:

Change or leave the situation: Distance yourself from the source or environment of discomfort. Do not put yourself in a situation where you are likely to be in pain.

Dealing with pessimism (negative thoughts): When you are angry, return to your own thoughts and focus on them to see the issue more clearly and broadly.

Example:

Pessimism: "He did this on purpose to make me upset."

Positive answer: "He had no intention."

Problem-solving: Logical and appropriate solutions for the issue causing discomfort and anger, and choosing the best of them is the most adaptive response to emotional desires and feelings.



Ways to control and manage anger:

Joking: Don't get angry over unimportant things.

Physical activities or doing sports: Activities such as mountain climbing, hiking, swimming, etc. have the greatest effect in reducing anger.

Rest and relaxation: Adequate sleep and rest prevent irritability. Methods such as meditation, deep breathing, muscle relaxation, and visualizing beautiful sceneries relieve tension that can cause reduction of an anger outburst. You can use the relaxation technique for this.

Relaxation: This is a way of anger reduction.

- First, you sit in a quiet, noise-free place where you feel comfortable.
- In a sitting position, you keep your arms and legs free so that you don't feel pressure from head to toe.
- The muscles of the head, neck, arms, legs, and fingers should be relaxed.
- You take a deep breath through your nose.
- You count from one to four and swallow the air (breathe).
- While counting from one to six, you expel the air from your lungs, performing the act of exhalation.
- Practice this exercise 10 times a day for 10-15 minutes, and you will definitely feel good.
- While doing this, think about good things, such as sweet memories or going to a beautiful garden.

Doing other hobbies: Instead of cluttering up, it is better to use your energy in constructive activities such as gardening, carpentry, or any physical activity that you enjoy. Sometimes the best thing to do is to walk and think in silence and peace.

So anger is a natural emotion, rest assured you can:

- Learn to recognize anger in yourself and others.
- Find the real cause of your anger.
- Learn healthy and constructive ways to express anger.

Holy rage

The Holy Quran never criticizes the principle of anger and praises holy anger. Basically, holy anger is one of the divine attributes that His Majesty's names, Subduer and Compeller, refer to. When anger is balanced and aligned with truth, it is not only unobjectionable but may also be pleasing to God.

In the conduct of the Messenger of God (peace and blessings be upon him and his family), as narrated by the Commander of the Faithful (peace be upon him), it is stated that the Prophet never got angry for worldly matters; but whenever he got angry for the truth, his anger would not subside until he helped the truth.

Yes, a perfect human being becomes angry only in the cause of truth and because of the violation of divine rights and the rights of people, and in this case, he does not go beyond the boundaries of faith and divine limits.

Allama Tabataba'i (may Allah have mercy on him) says in this regard: Whenever the Messenger of Allah (peace be upon him) became angry, and he was angry only for the sake of Allah, nothing could withstand his anger.

"Humankind is designed to solve problems. Sometimes they try harder to overcome obstacles, learn better, and gain new experiences every day."