

Managing your anger is good for your health

Your face feels warm. Your chest feels tight. Your thoughts start going fast. That's anger, and it's a normal human feeling built into your body to help you react when something feels wrong, unfair or scary. It can push you to act, fix problems or stand up for yourself. But when anger happens too often, it can harm your health and your relationships.



Photo above by Nansan Houn, below by Deepak Sethi, courtesy iStockphoto

Quick facts on anger:

1 Anger is not just a feeling. It affects your body, your thoughts and your actions. Your heart may beat faster. Your breathing may get quicker. You may say something you regret later.



2 Anger can mess with your digestion, cause headaches, disturb sleep and make you feel sick. Studies have even linked intense anger to heart attacks and strokes.

3 Some simple tools can help control your anger. Pause before reacting. Take a few deep breaths. This can calm your body and lower stress. You can also take a

break and do some simple tasks, which will help you relax a bit.

4 Stop replaying what made you angry in your mind. Step back and try to observe neutrally. Considering the other person's point of view can also help you let go.

5 Anger is part of being human. But it can also damage relationships. With practice, you can learn to notice anger early and stay in control.

