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**Title of Course:**

**BENEFITS OF COPING WITH ANGER**

**Assignment**

INTRODUCTION

Anger is defined by Oxford Languages as a strong feeling of annoyance, displeasure, or hostility.

“Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong.

Anger can be a good thing. It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems.

But excessive anger can cause problems. Increased blood pressure and other physical changes associated with anger make it difficult to think straight and harm your physical and mental health.”

Adapted from the [Encyclopedia of Psychology](https://www.apa.org/pubs/books/4600100)

“Anger is a natural and mostly automatic response to pain of one form or another (physical or emotional). Anger can occur when people don't feel well, feel rejected, feel threatened, or experience some loss.”

Psychology of Anger

Anger could be regarded as a secondhand emotion. This is because anger does not happen in isolation. It must be triggered by some kind of pain inflicted by someone for some reason. Anger occurs not only due to pain but also by some anger-triggering thoughts. Therefore anger could be triggered by thoughts or feelings of pain. When someone is angry, he could defend himself by striking the target he thinks is causing him pain.

Anger could be seen as a substitute emotion. People who are hurt could try to overcome their pain by getting angry in order to forget the pain. They could always do this consciously or unconsciously.

When people transfer their pain to anger, they simply transfer their focus from themselves to others. They, therefore, start thinking of inflicting the pain they feel on the one that has caused them pain. Thus, when they are angry, they tend to worry about the person who makes them angry than on the pain they feel. They shift their attention from their vulnerability or the frightening feeling of anger that comes with it. The feeling of anger comes with the feeling of power and authority. Feeling of being in control over the person who has caused pain.

People who are angry always have justification for being angry. However, that is not the same point of view for others. That someone is angry and behaves wrongly because he is angry has no justification. For example, a staff member who speaks rudely to a client because he is angry could lose his job. Anger does not make the pain disappear. It can only distract you from it. Therefore, it does not resolve the problem. Rather, it introduces new problems that could be social or health related.

ANGER AND STRESS

Stress could be a trigger for anger. Stress can easily create a lot of problems and if you are one who is prone to anger, then stress would trigger it in no time. Stress could be: **Eustress or Distress**. Eustress is good stress that makes one wake up in the morning with vigor and determination to face the day. It gives one courage to do a lot as it is very motivational stress. Distress on the other hand is what makes people irritable and sometimes angry. This happens when there are so many stressors and they keep piling up. This could become overwhelming and if the person is no longer able to handle it, it could result to an outburst of anger.

Stress is fueled by a feeling of being disrespected, helpless, overwhelmed by something and more. These are pointers that every individual should watch out for. That way, you can easily identify what could provoke anger and work hard to take steps to make you relax and feel better. It is also important to identify environmental stressors. Find out the environments that provoke stress and make sure to avoid them.

There are substances that increase stress as well as things that can reduce stress and anger. Substances that increase stress include items like sugar, nicotine, caffeine and excess food. Meanwhile, in order to control stress, one could exercise, learn communication skills, read journals, enjoy hobbies, engage in social activities or practice deep breathing or yoga. Learn to avoid stressor and people that make you feel stress either by what they do or what they say. You are the only one who is responsible for the stress you go through. Stress consumes a lot of energy and you don’t want to use this energy for what is not important.

OTHER CAUSES OF ANGER

Another cause of anger could be the use of alcohol or drugs. Excessive use of alcohol and drugs bring some people to a state where they start manifesting anger. Therefore, it is important to avoid addictions to alcohol and drugs because they are triggers to anger.

Brain damage could be another trigger for anger. A person could get involved in an accident that affects his brain and that could make a very loving person to suddenly become an angry and bitter person.

Anger could be caused by one’s “belief”. Whatever a person belief’s in could cause him to get angry when things do not go his way. Therefore, you have to learn to understand that not everything you belief in is right to everyone and that people don no have to always go by your way to be right.

People get angry when they have to wait. Waiting long hours become very idle and frustrating. It is therefore important that you get an idea on the kind of appointment you are going for in order to know how to keep yourself busy and away from feeling bored, frustrated and angry.

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