

# Understanding Anger

Anger is an emotion which we all experience. In two continuous life skills sessions, we learnt the different causes of anger, 'amygdala hijack,' and how to manage anger. In the first session, we had a class discussion on the causes of anger.

## Causes of Anger:

1. When someone annoys us.
2. When others destroy your belongings.
3. When we feel we need to do the task more perfectly.
4. When people do not respect our boundaries.
5. When we are betrayed.
6. When we are made scapegoats.
7. When we are falsely accused.

## Amygdala Hijack

The amygdala is a part of the brain that controls emotions. It helps us survive when it is activated. However, it can also cause us to react to every minor issue. Some people react badly to things that can be handled gently. We then say that they are experiencing an *amygdala hijack*. We need to pause before speaking angrily or doing anything that will make us regret our actions.

In the second session, we were divided into teams and had to think of practical ways of dealing with anger. Some of the ideas are listed below.

## Managing Anger

1. Pause, don't react.
2. Be patient.
3. Do yoga.
4. Go for a nature walk.
5. Step away from the person or situation.
6. Watch something that makes you happy.
7. Pluck weeds.
8. Talk to your pets.
9. Talk with your family or friends.
10. Hug your soft toy.
11. Fidget with a fidget toy.
12. Draw
13. Listen to songs that calm you down.
14. Do gardening.
15. Make simple crafts.

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