



Session on “Anger Management”

Topic :	Session on “Anger Management” , for the students of MBA Semester I
Date of event :	August 26, 2011
Aim of the Event	<p>Anger is a natural emotion that every human being experiences. Mild forms of human anger may include displeasure, irritation or dislike. When we react to frustration, criticism or a threat, we may become angry - and usually this is a healthy response. Anger may be a secondary response to feeling sad, lonely or frightened. When anger becomes a full-blown rage, our judgment and thinking can become impaired and we are more likely to do and say unreasonable and irrational things.</p> <p>Anger management commonly refers to a system of psychological therapeutic techniques and exercises by which someone with excessive or uncontrollable anger & aggression can control or reduce the triggers, degrees, and effects of an angered emotional state.</p> <p>The importance of managing anger is not overstated; this is one of the main reasons for road rage, criminal offence, suicide and many more punishable offences.</p> <p>This session aimed at talking patiently to students about their</p>

	triggers and the reason for the same.
Description of the event	<p>The session started with students and faculty discussing about their anger triggers and what they feel like doing in such situations. The answers were surprising and depressing at the same time. One of the students came over after the session and told the instructor that she often contemplates about committing suicide because she has no control over her anger.</p> <p>There was a presentation also which talked about the measures to control anger. Some of those measure are listed herein:</p> <ul style="list-style-type: none">• Name the problem• Calm down• Find solutions• Pick the best solution• Congratulate yourself• Evaluate the solution• Make changes if necessary <p>Anger Management is, simply put, learning how to reconfigure the brain through lifestyle changes and language. It is Life Management--watching what you feed yourself physically, emotionally, mentally and spiritually.</p> <p>Anger is one of the most common and destructive delusions, and it afflicts our mind almost every day. To solve the problem of anger we first need to recognize the anger within our mind, acknowledge how it harms both ourselves and others, and appreciate the benefits of being patient in the face of difficulties. We then need to apply practical methods in our daily life to reduce our anger and</p>

finally to prevent it from arising at all. There was an activity on the same theme as well.

Control anger, control life!