

## **ANGER; A DEADLY EMOTION: TRIGGERING THE DISEASE PROCESS**

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Anger is used to describe a number of expressions: frustration, irritability, annoyance, or fretting. We all have been angry at some point in our lives, but it's what you choose to do with the anger that makes the difference. So, why do we get angry? Anger is intent to preserve our personal self worth, essential needs and basic convictions. However, it is stirred when a person perceives rejection, invalidation, unmet needs, and corrupted morals. So, having a feeling of anger is not the problem so much as how we deal with it that determines our future disease state. You can find balance in anger when it is linked to a reasonable issue and it's communicated in a proper manner.

Identifying what triggers anger and understanding how it affects health is the key to successful management. Studies have shown that A single burst of anger can trigger a heart attack. What starts the process is often times stress related. Stress is the body and mind's response to any pressure that disrupts our normal balance. It occurs when our perceptions of events don't meet our expectations. So, our reactions to stress are the ways in which our bodies process and release the emotions we experience in life. This chemical reaction occurs at the organ level: stomach, heart, etc. and at a cellular level.

What happens in our body when we get mad? The expression of anger involves communication between our thoughts in our brain and what we experience in our cells. During this process, our brain is producing neuropeptides; chains of amino acids which gets sent along the side of nerve cells in the body; it's like a key fitting into a lock. The brain then talks to the immune system; if the brain perceives the anger message, every immune cell knows this interpretation. Your cells have a degree of memory so it will hold on to the response even after the event has occurred, that's why sometimes just thinking about a past event can have the same affect on the body as if it were happening live all over again. An amount of intense stress releases epinephrine and nor epinephrine which affect the sympathetic nervous system. The brain perceives the stress and releases hormones from the hypothalamus, pituitary gland and adrenal gland. It's the adrenal glands that release epinephrine also known as adrenaline. When the sympathetic nerves are stimulated, it causes the heart rate to increase, your colon becomes stimulated; sweat occurs, bronchial tubes dilate and much more. Too much of these hormones can cause the adrenal glands to become enlarged by over stimulating the pituitary gland. The extra release of adrenaline causes blood pressure and heart rate to increase and blood vessels to constrict. These elevated levels of adrenaline over time can cause high triglycerides and blood sugar; blood clots faster, the thyroid becomes over stimulated, cholesterol increases and additional cortisol is produced causing weight gain. Too much cortisol can deplete bones of vital calcium, magnesium and potassium. Additional health problems includes impaired immune function, reduced glucose usage (pre-diabetes/diabetes), reduced muscle mass, increased fat accumulation and impaired memory, as brain cells are destroyed. The link between head and heart is particularly strong. Many studies have shown that stress, hostility, anger, depression, and social isolation increase

the risk of heart disease and impair recovery from heart attacks. So, what can we do to manage our anger?

The first and most important thing that we can do is analyze our perceptions; what you believe about the event taking place. Stop and ask yourself, “Why am I getting upset over this situation?” By analyzing and determining what meaning you are placing on the event, you can begin to change the way you respond to the situation. You need to treat the root cause; your reason for getting angry can stem all the way back to child hood; feeling the need to be validated and not overlooked. Once you realize that this may be the case, through hypnosis, counseling, or mindful meditation you can realize why it’s taking place and decide that you are no longer that little person without a voice; you are grown and can make choices based only on your behavior. Start by grounding yourself in truth by setting aside idealistic myths. There is the need to realize that you can’t control others or circumstances; you can only control yourself and your response to the events taking place. By choosing to relinquish your cravings for control you will experience freedom. Define what really matters most to you and then make a choice to do things differently to obtain those things of importance; develop a contemplative mind.

There are several additional steps that one can take in managing their anger; figuring out your hot buttons, drink in moderation, shouting in private, and exercise. Regardless of which option you choose to take, it’s important to admit that all angry expressions are a result of our choices. You must learn to let go of excessive dependencies so your anger is directed inward instead of outward. You can balance dependencies through spirit well-being. Keep your lifestyle habits consistent with your emotional composure; hang around people with like positive minds and let go of the need for material gain and an over inflated image. Learn to live in humility rather than self-preoccupied pride; find a healthy spiritual alternative. Hold your defenses to a minimum and trust your healthy assertions; realize that fear is causing your defensiveness; denial. By becoming authentic and realizing that we don’t control anyone or thing but ourselves, it helps to release us from a position of defensiveness. Stop struggling to be understood; know that you are an awesome creature that was placed here for good and know and tap into your inner strength and self worth. Relate to others as equals and never put yourself above anyone else; we are all created equal with greatness designed in each of us. Most importantly, be accountable and assume full responsibility for who you are and what you were created to be; for this will bring about true and everlasting growth to better yourself and man kind.

In Conclusion remember, life is a journey and it is up to us what we choose to do with it. We are in control of our own choices and we decide if we will allow other peoples anger to affect us or not. For me, the answer was to change my environment but what ever yours is, I encourage you to educate yourself, leave no stone unturned and tap into your greater power that lies deep within your soul. What ever method you decide, choose to [“Take control of your health and experience a natural way to a better life;”](#) you will be glad you did!