Managing Anger and Aggression for Individuals – What do we know?



- Anger is a natural human emotion that can be triggered by various factors such as stress, frustration, or injustice. It is important to understand that feeling angry is not necessarily a problem; it becomes problematic when it harms oneself or others.
- Anger management involves recognizing the triggers and signs of anger, and taking action to calm down and deal with the situation in a positive way. This can be achieved through techniques such as relaxation exercises, cognitive restructuring, and problem-solving.
- Aggression, on the other hand, is a behavior that is intended to cause harm or damage. It can be a result of uncontrolled anger, but it can also be a learned behavior. Aggression can be managed by learning to express anger in a healthy way, and by developing empathy and social skills.
- Psychotherapy, including cognitive-behavioral therapy and dialectical behavior therapy, can be effective in managing anger and aggression. These therapies can help individuals understand their emotions, identify triggers, and develop coping strategies.
- Anger and aggression can have physical manifestations such as increased heart rate, blood pressure, and levels of adrenaline and noradrenaline. These physiological responses can be mitigated through relaxation techniques such as deep breathing, progressive muscle relaxation, and mindfulness meditation.
- Uncontrolled anger and aggression can lead to various health problems including heart disease, stroke, and weakened immune system. Therefore, managing these emotions and behaviors is not only important for mental health, but also for physical health.
- Medication can be used to help manage anger and aggression in some cases. However, it is generally considered a last resort and is usually used in conjunction with psychotherapy. Medications that may be used include antidepressants, mood stabilizers, antipsychotics, and anti-anxiety drugs.
- Biofeedback and neurofeedback are techniques that can be used to help individuals gain control over their physiological responses to anger and aggression. These techniques involve monitoring physiological signals such as heart rate and brain waves, and providing feedback that helps individuals learn to regulate these signals.
- Anger and aggression management programs can be implemented in various settings such as schools, workplaces, and prisons. These programs typically involve teaching individuals about the nature of anger and aggression, and providing them with strategies to manage these emotions and behaviors.
- Laws and regulations can play a role in managing anger and aggression. For example, laws related to domestic violence and assault aim to deter aggressive behavior and provide support for victims.
- Public health policies and strategies can be used to address the societal impacts of anger and aggression. This can include policies related to mental health services, education, and community development.
- Research and data collection are essential for understanding the prevalence and impacts of anger and aggression in society, and for developing effective interventions. This can involve conducting surveys,

Self-care



Self-care is not just making time to recharge your batteries with a nap, meditation or by taking a break from your family — although all those things count.

Self-care ultimately is about setting priorities, setting boundaries and finding purpose.

"Everybody understands that relaxation and rest is important," said Dr. McGonigal, whose latest book is "The Joy of Movement." "So there are aspects of self-care related to sleep — everyone should take a bath, light candles. There's this idea that we need to calm down. But what can you experience today that is going to fill you with the positive emotions you need to do the most important things in your life? It's about refueling yourself in order to engage with life."

Jack Groppel, an executive coach and professor of exercise and sport science at Judson University in Elgin, Ill., said it's always difficult to convince people that they can make time for exercise and other forms of self-care.

"Self care is a lot of things," said Dr. Groppel, co-author of "The Corporate Athlete: How to Achieve Maximal Performance in Business and Life." "It can be exercise, creating boundaries. It's keeping yourself safe emotionally. Maybe it's not arguing with that uncle about politics right now. It can be spiritual. But you are in control of it."

Self-care is different for everyone. Here are five self-care exercises to help you make yourself a top priority in 2021. Choose one or try them all.

Give the best hours of your day to yourself: Dr. Groppel often advises clients to map out a typical day, from dawn until bedtime. You probably spend about eight hours sleeping — but how do you spend the other 16 hours? Write down the time you spend preparing meals, doing your job, shopping, watching television, doing laundry, helping children with homework, caring for an aging parent, catching up on emails

Next, Dr. Groppel asks: What one- or two-hour period in each day do you feel your best? Your most energetic? Your most productive? Now look at your list, he says. Who gets those hours? Try giving that time to yourself instead.

Giving yourself the best part of your day doesn't mean taking a two-hour break from life. It means focusing on your priorities, rather than someone else's. You can use that hour or two for anything you want — it might be for a hobby, a work project that you feel passionate about, time with your children or even to volunteer and help others. Giving yourself time every day to focus on your personal goals and values is the ultimate form of self-care.

Pick a word of the year: Choose a single word that describes the goals, values or mood you want to set for 2021. Last year, Dr. McGonigal chose the word "vitality." "I had no idea how relevant it was going to be," she said. This year she's thinking about choosing the word dance, "because of all the meanings that dance has for me personally, in terms of celebration and community and courage." Your word can be anything that matters to you: community, family, exercise, love, health, energy. Use your word as a mini mantra throughout the year to remind yourself to make self-care a priority.

Create a respite plan: If you are a caregiver to an aging parent, ill spouse or disabled child, self-care probably feels impossible. Finding time for exercise, spiritual support or just having some fun is more easily said than done. If you leave it to chance, self-care won't happen. That's why it's important to design a family respite plan that identifies your needs and wishes, as well as the types of help other people can provide. Call a family meeting or call your friends. Tell everyone what you need — don't expect them to automatically know how to help. The advocacy group AARP has a guide for designing a respite care plan.

Help someone else: Our bodies and minds benefit in a variety of ways when we help others. Studies show that having a strong sense of purpose protects us from stress in the short term and predicts long-term better health. If the traditional forms of self-care feel too self-focused to you, think about how helping others can be good for you. "It's also the sense of having a responsibility to make a difference if you can," said Dr. McGonigal. "Did I stand up for something this year in a way that might have made a difference? Did I allow myself to participate in that bigger-than-self process?"

One of Dr. McGonigal's favorite exercises is to ask someone to imagine life one year into the future. Imagine you've made some important change in your life that you would feel grateful for. Imagining your future self can help you focus on positive acts of self-care you can commit to now. "Really let your imagination run free," she said. "Is there a change you could commit to? Is there a part of yourself that you want to really learn and grow? Can you imagine being grateful to your future self for making that commitment?"

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