

HOW TO CONTROL ANGER

I am in class 10. I get very angry when my parents ask me to study. I think I know I must study, so when they put pressure on me, I become



angry and answer back. Then I feel bad about it. I cannot study after that. Please tell me how I can control my anger.

Kumar P

Dear Kumar

I appreciate your acknowledgement of your anger. Emotions are not in our control but behaviour is. Instead of control, let's see how you can manage your anger. First, identify the actual cause of that anger. Are there other occasions when you feel angry? Is it a spill out from other situations (at school or with friends or your own stress due to academic pressure)? Once you figure this out, the clarity would enable you to address the concerned issue to avoid further spill out. *Some tips for managing your anger are:*

- Simple relaxation tools, such as deep breathing can help calm down angry feelings.
- Do some exercise or go for a brisk walk.
- Slowly repeat a calm word or phrase such as "relax," "take it easy", while breathing deeply.
- Count slowly to 10. This helps you to step back from the situation and gain time to choose an appropriate behaviour.

It's difficult to think of anger management strategies once your anger has escalated. Write down the strategies that work for you and refer to them when you feel your anger rising.

I FEEL NERVOUS

I study very hard but become nervous when the teacher asks me questions in class. So I forget everything I have studied. Please give me advice to overcome my nervousness.

Payal

Dear Payal

Nervousness stems from fear. Now that you have detected your fear, to diffuse it, put the fear into perspective by asking yourself:

- a) What's the worst that can happen to me? (for example, others may laugh at me if I make a mistake);
- b) What's likely to happen if the fear is realized? (I will feel embarrassed if they laugh at me);
- c) What's the best outcome possible for me if I acted in spite of fear? (for example, over time, I will become stronger and more confident).

To overcome fear, you need to disregard negative thoughts. So next time



when the teacher asks you a question and you think, 'what if I give a wrong answer?', ignore that and speak. At this stage the sole aim is to get over the fear of speaking. Don't get disheartened if you make mistakes. Keep trying till you are confident. There is no magical formula to overcome nervousness, it is a process which begins with challenging yourself and ends with confidence.