



Anger

Understanding what makes us tick

Anger

In a moment of quietness please give yourself and others the opportunity to pause and reflect.

Think of someone in your life that needs your kindness and compassion, let us extend this generosity through prayer.

James 1:19-20

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.



Father,

I pray that I would become a person who is quick to listen, slow to speak, and slow to get angry. I believe anger can destroy households, ruin relationships, and hinder spiritual growth. Please help me surrender myself to your Word, becoming humble and possessing a gentle and quiet Spirit. I know the worst emotion I can bring to any situation is anger. Help me to open my ears and my heart so that I can learn what you have to teach me in these hard situations.

Help me to grow and exercise self control. Father, I desire to live a righteous life, one that is pleasing to you.

In Jesus Name,

Amen

Anger

We all experience frustration, upset, irritation or disappointment, but allowed to build and these emotions will turn toxic and are replaced by anger.

Some of us go through this process very quickly, while with others it slowly builds and then erupts.

Q- What is anger?

Q- Why do we experience it?

Q- How can we understand it more to take better control rather than simply allow it to happen?

Q- What is the science behind anger?

- <https://youtu.be/ECckkzuEeLI>

Your brain when you are angry 3.24 mins





Anger

We all know that anger is not good for our mental health and wellbeing, but why do we experience it?

Q- Who or what is Amygdala?

Q- What is fight or flight?

- <https://youtu.be/yZBHbIGnGs4>

How anger affects us and what we can do about it 3.36 mins

Anger

The following video gives us a great understanding of why we get angry.

- https://youtu.be/8_FMxPo4xDM

6.07 mins

When you are watching it, ask yourself the following questions.

Q- What are anger triggers?

Q- What makes you angry?

Q- How do you feel when you are angry?

Q- How can I calm my body?



Anger

So, what can we do to help ourselves?

Q- Are there things we can do to prevent us getting angry or practical tips to allow us to calm down?

Watch the following film which contains some great advice.

Q- Can simply taking a breath help us?

- <https://youtu.be/ImeSVdKojPM>

Breathe 3.35 mins





Anger

Finally, after all the science, reasons for becoming angry and advice, what are the A-Z practical ideas or suggestions that we can all use to help us?

Anger is a choice, knowing why we become angry or what makes us angry is good but preventing anger taking over is even better.

Stopping anger consuming us is the key.

Q- How many of the following tips can you introduce into your life?

- <https://youtu.be/5EXpkVw3fh0>

A-Z help 4.18 mins