



Anger is like water: A power we must manage

Small Biz Strategies
Dr. Marc Clark *mdclark@kih.net*

Straddling the international border between the New York state and the Canadian province of Ontario sits Niagara Falls. The falls are 75 miles south-south-

the Falls each second.

Once the waters leap over the rim of the fall, they cascade into a gorge which leads downstream to what is known as the Whirlpool Rapids. The rapids leading to the whirlpool are among the most dangerous and wildest in the world with a rapid rating of six (on a perilous scale of one to six). The rapids lead to a 90-degree bend in the river creating the Niagara Whirlpool. The whirlpool is 550 yards in diameter and 125 feet deep. The water from the rapids enters the whirlpool at the speed of 30 miles per hours. Because of the angle the water rushes into the whirlpool a distinct vortex can be seen swirling in the waters, causing the waters to rotate counter clockwise.

Some who have seen the waters call them angry, destructive and non-controllable. However, engineers have taken steps to harness the power of the waters in order to put them into good use.

Managing the flow of the waters from the falls provides us with a lesson as to how to manage our personal anger when it, at times, begins to get out of control. We can take control of it or allow it to take control of us. It's a matter of choice.

The best way to address anger is to deal with it! You cannot always change the person or situation that causes you to become angry, but you can change your attitude as to how you will react to these persons or situations.

Here are some tips to help you

cope with anger:

- Stop what you're doing, and take time out to calm down and reflect.
- Take a small rest break. A period of no activity can be very helpful.
- Go for a brisk jog or walk. Work off your frustration through exercise.
- Listen to your favorite music. It can have a profoundly calming effect.
- Make time to be alone.
- Tune out. Read, watch television or play a game. Psychologically, these are sponges that sop up stress.
- Write down how you feel in your personal journal.
- Cry! Really. Crying helps you discharge tension and discomfort and helps relax tight muscles.
- Turn any negative energy into something productive. (Clean your desk, workplace, mow your lawn).
- Determine early warning signs that anger is about to hit you and leave that environment.
- Step back on stimulants such as chocolates, caffeine and nicotine.

- Don't personalize every negative statement you hear.
- Get a pet. Pets are great at helping you release anger (however don't kick them)!
- Try to clarify and investigate the language that seems to be deliberately angering you.
- Be forgiving. Why relive the experience over and over. It is only robbing you of happiness.
- Work on improving your interpersonal relationship skills.
- Talk to the person who has made you angry. Let them know how you feel and what has become of your emotions.
- Actively listen. It helps you become less judgmental and helps you avoid giving advice.
- Choose not to address every single injustice. Express your anger strategically.
- Take a deep breath and meditate.
- Don't blame or insult someone else, because what you say cannot be taken back,
- Don't lower yourself to another person's standards.
- Think positive and ask yourself, "What have I learned from this experience?"

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east of Toronto, Ontario and 17 miles north-northwest of Buffalo, New York.

Niagara is divided into two falls,

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in conjunction with the
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