

Running Head: Anxiety and Anger

ANXIETY AND ANGER

Dr. Samapika Das Biswas

Assistant Head, Department, Basic Science & Humanities

Associate Professor & Counsellor

Institute of Engineering and Management, Kolkata

Srabanti Basak

Institute of Engineering and Management, Kolkata



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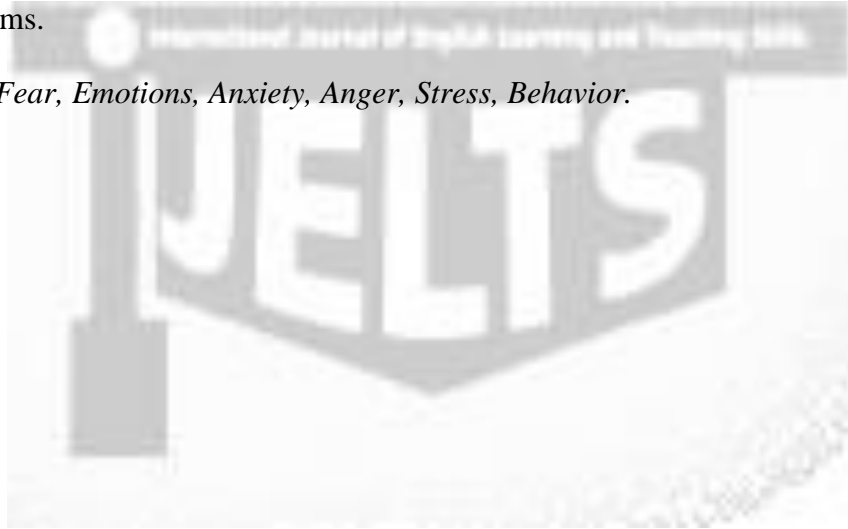
Abstract

Anxiety is accompanied with the emotions of fear, dread, and unease. That may be a usual stress response. When we are faced with a difficult issue at work, before taking a test, or before making a significant decision, we could experience anxiety.

Anxiety, which is defined as the expectation of a future worry, is more frequently associated with tension in the muscles and avoidance behavior. The fight-or-flight response, in which one either stays to fight or runs from danger, is most frequently associated with fear, which is an emotional response to an unexpected threat.

Anger is a mood that is characterized by animosity towards someone or something you think has hurt you on purpose. Anger can be advantageous. For instance, it could give you a way to vent negative feelings or motivate you to look for solutions to problems. But, unchecked rage might cause problems.

Keywords: *Fear, Emotions, Anxiety, Anger, Stress, Behavior.*



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Introduction

There are three types of anger which help shape how we react in a situation that makes us angry. These are: Passive Aggression, Open Aggression, and Assertive Anger.

What type of anxiety causes anger?

For example, someone with Social Anxiety Disorder may become frustrated with someone if they steer the anxious individual toward an uncomfortable social environment. Likewise, someone with Obsessive Compulsive Disorder may show anger if their routine is disturbed.

Can anxiety cause anger and aggression?

Although anxiety disorders are typically characterized by social withdrawal, inhibition and shyness, and discomfort in social expression, individuals with anxiety disorders often express intense and out of proportion anger and aggression.

When Does Anxiety Turn to Anger?

When anxiety isn't acknowledged, it can quickly turn to frustration, taking on the form of anger. We do this because we think that we have more control over a fearful situation if we attack it with fury rather than become overcome with anxiety.

Anxiety disorder is more likely to result in anger than plain old anxiety because there's a build-up of stress over a prolonged period. For example, someone with Social Anxiety Disorder may become frustrated with someone if they steer the anxious individual toward an uncomfortable social environment. Likewise, someone with Obsessive Compulsive Disorder may show anger if their routine is disturbed.

Anger to Anxiety, Not the Other Way Around

It's not just a one-way street. Stress can also arise because of or instead of anger, particularly when the individual has grown up in an environment where anger was unacceptable or where traumatic childhood experiences occurred. This is called repressed anger and is associated with avoiding, denying, or pushing away feelings of frustration.

Managing Your Anxiety and Anger

Managing anxiety and anger on their own can be challenging, let alone when they work together! Left undealt with, these powerful emotions can affect many aspects of your life.

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Controlling Your Anxiety

All of us get anxious; that's a fact. But when anxiety negatively impacts your life, it's time to do something about it. There are several lifestyle changes you can make:

Practice self-love: Spending time on yourself doing the things you love can help to shake off some of the built-up stress. Maybe listen to music, go dancing, or do some yoga.

Reduce alcohol and caffeine intake: Alcohol and caffeine make us more anxious. Reducing your intake may lessen your anxiety symptoms.

Exercise regularly: I'm sure this isn't the first time you've heard exercise helps your health. Well, it reduces your anxiety, too!

Deep breaths: Taking deep breaths from your diaphragm helps control anxiety. The University of Toledo explains how deep breathing activates the nervous system area responsible for switching off the stress response and bringing you back to a relaxed state.

Talk to someone: Speaking to a close friend, relative, or mental health professional can help to ease the burden of anxiety.

Controlling Your Anger

Anger is a powerful emotion, so controlling it takes some time and effort. However, there are several things you can do to manage your anger. Let's take a look:

Deep breaths: Like with anxiety, deep breaths help calm the body, allowing anger to dissipate and you to gain clarity on the present moment.

Sidestep drugs and alcohol: Harriet de Wit (2009) shows how these substances increase impulsivity, making anger and anxiety harder to control.

Speak to a close friend or relative: A problem shared is a problem halved. Talk to those close to you about your anger; they may be able to help.

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Seek mental health support: A therapist or psychologist can support you in understanding why you get angry. You can work through your repressed anger so that it doesn't continue to plague your relationships.

Practice assertiveness: There's nothing wrong with anger; it's a natural human emotion. The problem is the way it's expressed. Practice being assertive rather than angry.

A little anxiety is fine, but long-term anxiety may cause more serious health problems, such as high blood pressure (hypertension). You may also be more likely to develop infections. If you're feeling anxious all the time, or it's affecting your day-to-day life, you may have an anxiety disorder or a panic disorder. Anxiety happens when a part of the brain, the amygdala, senses trouble. When it senses threat, real or imagined, it surges the body with hormones (including cortisol, the stress hormone) and adrenaline to make the body strong, fast and powerful. Foods naturally rich in magnesium may, therefore, help a person to feel calmer. Examples include leafy greens, such as spinach and Swiss chard. Other sources include legumes, nuts, seeds, and whole grains. Foods rich in zinc such as oysters, cashews, liver, beef, and egg yolks have been linked to lowered anxiety. Despite the challenges, there are many ways to cope with anxiety. People with mild symptoms may be able to manage their anxiety with natural remedies, like cannabidiol (CBD), herbal supplements, and mindfulness activities.

References : 'Your Life Counts', Harriet de Wit (2009), The University of Toledo

