Did your lover forget about the anniversary again?

The boss intentionally ignoring all your accomplishments?

Have anybody come to your feet in a public transport,

or you had to cancel your weekend plans again ?

It seems like a little more and you'll become a Hulk.

In a world of senses where stress is considered the norm, it's becoming increasingly difficult to control one's emotions. And if it's becoming fashionable "express emotions to prevent psychosomatical disorders", then do we not thus become like animals?

Let's look at how to express an anger and how we can prevent it from occurring so that it's safe for you and your environment.

1. AWARE THE NATURE OF EMOTIONS.

What are emotions? It is widely believed that this is a reaction to an external stimulus. But is this reaction conscious and relevant to the body?

To understand the true nature of emotions, lets turn to neuropsychology .

The limbic system is what determines our mood and well-being.

If anger manifests in the form of a cry or a waving in behavior, then it is much more difficult at the body level.

The body is primary, and this means that based on my hormonal background and other biochemical processes in the body, the mind clings or does not cling to a particular emotion.

Hormones activate our memory, and if it contains memories of a certain experience in which we felt angry, the neuronal chain is reactivated. Neurobiologists call it the limbic system. Psychologists call this an “unconscious reaction”.

But it is possible to learn and form new reactions instead of reacting to memory templates.

2. TECHNIQUES AND PRACTICES

In the moment.

How to deal with anger in the moment, so as not to harm yourself and others?

First of all, acknowledge your emotions. "Yes, I'm angry." Take a deep breath and exhale slowly. Isolate yourself from the stimuli - leave the room. Find a place where you don't harm to anyone in anger, and start responding directly.

PREVENTION OF MINDFULNESS

Mindfulness meditation is the best practice humanity ever known to come back “here and now” feeling. When we do not express anger in a controlled way , it literally means: "I am back in the past and experiencing a pattern reaction, instead of staying in the moment and following what is happening with my body.

By practicing mindfulness meditation, you train the skill of stopping internal dialogue. It brings clarity and a sense of calm, and from this state it is much easier to notice how your emotions are born and to consciously choose the form of their expression.

By training mindfulness, you also develop creativity. Due to concentration, daily activities are performed much more productive than ever before. Where is attention, there is an energy.

Try to begin your day with a 5 - minute meditation, then increase its duration up to one hour in the morning and in the evening.

To do this, you have to sit in a crossed legs position. It will keep you away from falling asleep with closed eyes. Observe your breath in absolute silence. Feel the air touching the surface of the nostrils in and out, draw your entire attention just on the inhalation and exhalation.

If thoughts pop up in your mind, try not to cling to them, but watch it like movies. Imagine that you sweep away your thoughts with a broom and then bring back the attention on the breath again.

If necessary, consult a psychologist to discuss your obsessive thoughts and continue practicing mindfulness. Over time, you will notice that it is becoming easier to control not only your emotions, but your entire inner world. Meditation teaches you to create your own reality, to choose your thoughts and mood as what you wear today.

MEAL IMPORTANCE

Consciousness and body are one. That means that it's important to influence emotions not only through control and meditation, but also by adjusting the physiological processes of the body. People often underestimate the impact of nutrition on their mood and emotions.

The enteric nervous system - the so-called nervous system department responsible for digestion. The gut microbiota sets the hormonal background, and therefore the emotional one. Pay attention to what you eat - it literally shapes you and your mood.

No wonder more and more people stop eating meat. The reason to this is that meat release so much toxins, causes diseases and promoting aging. Read more: “7 Reasons Why Meat Causes Inflammation — Which Promotes Aging and Disease” Joel Kahn, MD.

Be sure to consult your doctor before switching to such a diet, it takes a good research before starting a new journey.

At the beginning, try giving up synthetic foods: fast food, sodas and so on, that will do a lot to your beauty, body, skin and mind state .Here you will notice, as soon as organic food will dominate in your diet, mood swings will significantly decrease in their amplitude. You’ll be not only more positive but also more beautiful.

BODY TRAININGS

“Run, Forest, run!”

Don't forget about physical training. Choose what you like: dancing, yoga, sports etc. Sometimes it's difficult for us to cope with anger simply because the body has a potential for stress. Agree it is better to discharge it through physical training than an emotional breakdown, which, moreover, harms relationships with loved ones.

Conclusions

So, to make your work on anger control effective, approach the solution comprehensively. Train your body and mind, regain your right to choose, not to react in a pattern. There is so much pain and suffering in the world, and all because we are unable to express our emotions environmentally. Train yourself, work on yourself, and remember that all starts with you.