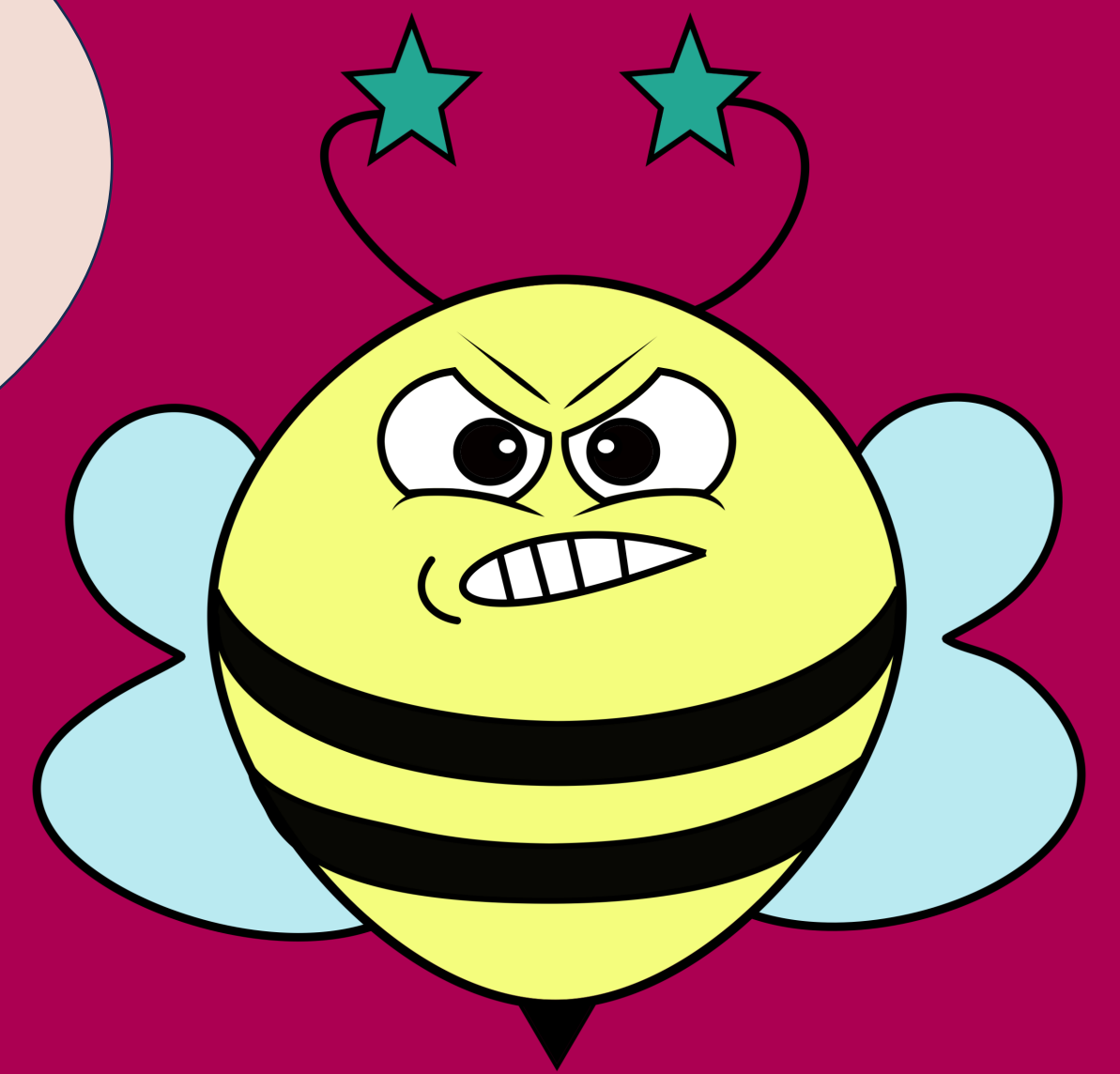
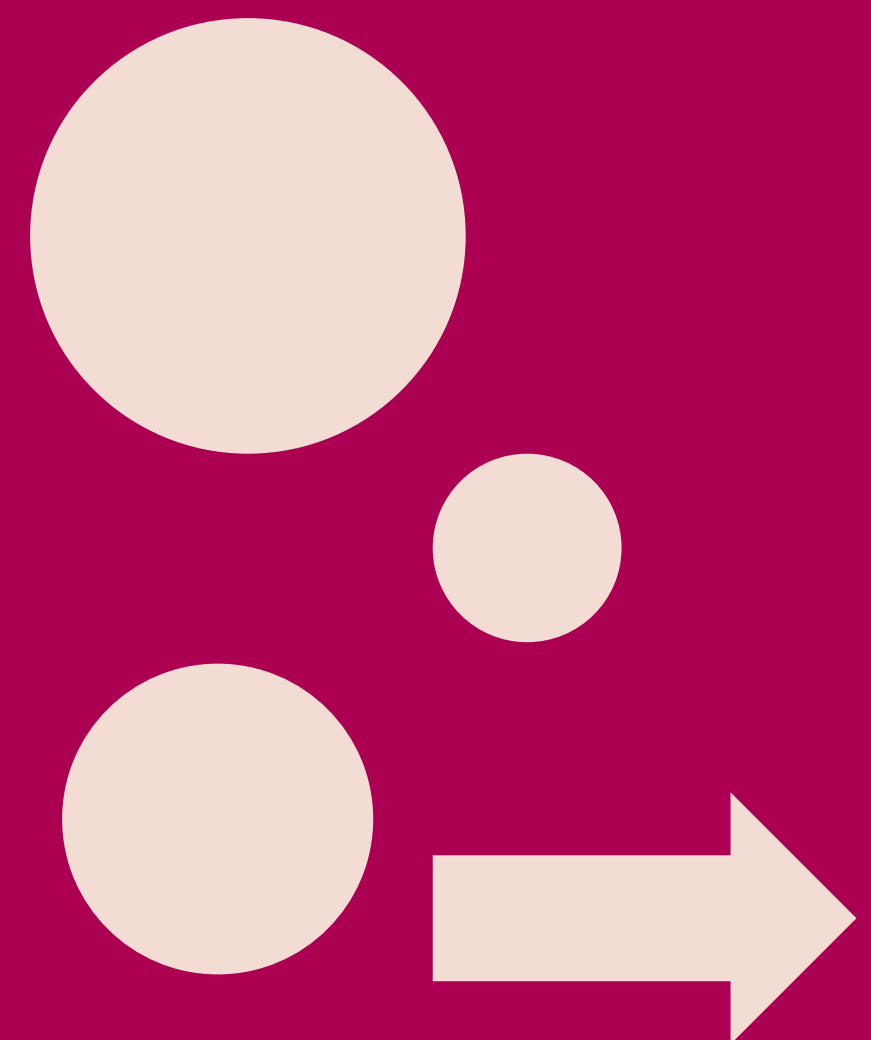


# Emotions

## Anger



Anger, often considered a secondary emotion, arises as a response to underlying feelings such as frustration, hurt, or fear. It serves as a protective reaction to these primary emotions.



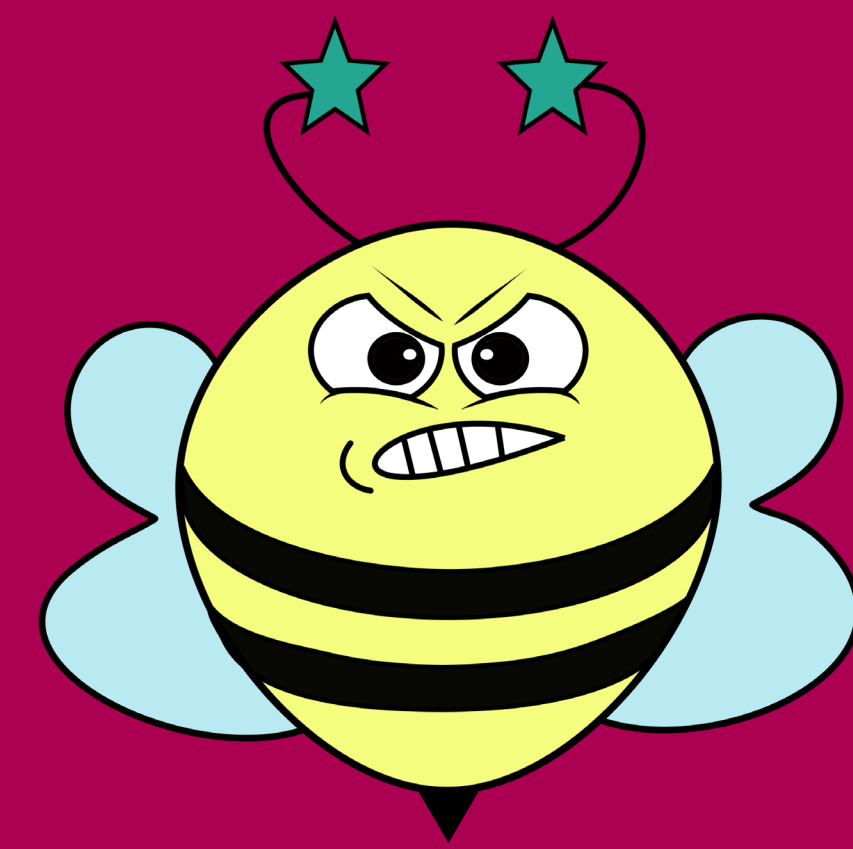
# Emotions

## How does it present?

Physically, anger often shows as increased heart rate, muscle tension, flushed face, sweating, shallow breathing, and, in some cases, verbal outbursts or aggressive behaviour.



# Emotions



## Why is it useful?

Anger can signal when something is wrong or unjust. It provides the motivation to protect oneself, assert needs, and address conflicts.

Anger can prompt problem-solving, enabling individuals to make positive changes.

Expressing anger in a controlled manner can provide emotional relief and prevent bottling up feelings.

Anger can boost assertiveness, allowing individuals to advocate for themselves and make their voices heard.

Expressing anger safely can lead to honest and open communication, which can strengthen relationships by addressing underlying issues.

In situations of danger, anger can activate the fight-or-flight response, helping individuals protect themselves.