



OFFICE LIFE

THE IMPACT ANGER REALLY HAS

Anger is a strong human emotion often felt in varying degrees throughout our daily routines.

In the workplace, amid the stress of our heavy workloads, rage often rears its ugly head, creating uncomfortable work environments and even hazardous health conditions.

In fact, there is a mounting body of scientific evidence to suggest that anger, particularly short bursts of anger, can be toxic to your heart.

A study in the *European Heart Journal* found that short outbursts of anger were associated with an increased risk of cardiovascular events. Your heart rate, blood pressure and vascular resistance all increase substantially during and directly after the period of anger.

The study further revealed that there was a higher risk of heart attacks, acute coronary syndrome, ischaemic and haemorrhagic stroke, and arrhythmia in the two hours following an outburst of anger.

Another research paper by the University of Sydney revealed that the risk of having a heart attack was found to be 8.5 times higher in the two hours following an anger outburst.

To avoid the toxic effects of anger outbursts, here are a few tips to control it at work:

Take a breather. Take a sharp breath in and out and then count to 10 before you react to an anger-fuelled situation.

Vent your frustrations to family or friends. Instead of having a public outburst of your anger, rather vent to family or a close friend.

Write down how you feel. A good emotional release for anger is to write down exactly how you feel.

Get out of the office. In an extremely volatile situation, opt to take an early lunch break and get out of the office. Remove yourself from the environment to ease the anger.