



## Anger & Stress

by award-winning author / stress-relief expert Susie Mantell

Q: Dear Susie, I've been losing my temper with my kids a lot lately. I notice that I am impatient and tense. I imagine recent cutbacks at work haven't helped my stress level. Can you please offer some very basic tools that I can try?

A: You are wise to recognize your need for renewal in order to maintain health in your family relationships and in yourself. Here are some suggestion I hope will be helpful:

### Some Basics

Moderate, pleasurable exercise, balanced nutrition, time spent doing things you love, everyday laughter, mindful breathing and meditation, and creative projects all can help to reduce stress. I find writing meditation to be one of the simplest yet most effective releases for my own frustration and tension. Various forms of martial arts, various forms of massage including reiki, shiatsu and reflexology, and healing arts like Therapeutic Touch and acupuncture are of tremendous value in the hands of a skilled, licensed practitioner.

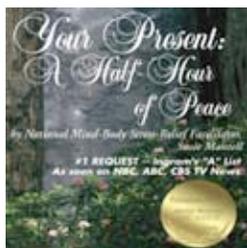
### Endorphins

Moderate, pleasurable exercise is a great way to increase the "feel good" factor by releasing endorphins. I often recommend swimming, in particular, for both its natural buoyant "support," the endorphin boost, and if you like, you can even find a healthy way to discharge anger held in the body by kicking--and nobody gets hurt.

### Talk Things Over

Some short-term counseling with a licensed psychotherapist can be very helpful to explore anger's roots, discover appropriate ways to manage the anger, and to sort out our best options to achieve the balance and inner peace we so long for in stressful times. (See many more simple stress-relief tips on my website at [www.relaxintuit.com](http://www.relaxintuit.com) )

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## END OF THIS TIP##