

Anger Hurts Your Heart



It's no surprise that feelings of anger are bad for your health. These negative emotions actually hurt your heart by activating the "fight or flight" response.

One published study found that people who rated high in traits like anger, but had normal blood pressure, were more prone to coronary artery disease (CAD) or heart attack. In fact, the angriest people faced roughly twice the risk of CAD and almost three times the risk of heart attack compared to people with the lowest levels of anger.

In 2004, Duke University scientists studied 127 healthy men and women and found that those prone to anger, hostility, and depression, had two to three times higher C-Reactive Protein (CRP) levels than their more calm peers. CRP levels at this range are associated with a condition that is likely to increase the risk of heart attack or stroke.

Significant changes in lifestyle, including less angry interactions with others, can actually reverse heart disease and unclog arteries without surgery. These 10 Tips from the Mayo Clinic can help you take positive steps toward managing anger and healing your heart.

10 TIPS TO HELP GET YOUR ANGER UNDER CONTROL

1. Take a "timeout" and count to 10.
2. Get some space and take a break from the person you're angry with.
3. Once you're calm, express your anger in a non-confrontational way.
4. Get some exercise as an outlet for your emotions.
5. Think carefully before you say anything.
6. Identify solutions to the situation instead of just focusing on what made you mad.
7. Use "I" statements when describing the problem and avoid criticizing or blaming.

8. Don't hold a grudge.
9. Use humor to release tensions and lighten up to help reduce tension.
10. Practice relaxation skills to help you relax and de-stress.

Remember don't waste your time being angry, stop hurting your heart and begin healing it!

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