



Be the Best that You can Be

# Cedarwood School

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## School Based Support Team



## Shared Spaces

### Emotional Stage of Lockdown 2: Anger



Anger is an emotion that we have all experienced at some point in our life. It is broadly defined as a strong feeling of annoyance, displeasure, or hostility. While experiencing anger is often very uncomfortable for people, it is a common emotion that has been felt by individuals worldwide during the Corona pandemic. In fact, according to Life Coach Myke Celis, anger and anxiety are the two emotions most frequently felt when an individual's sense of autonomy, control and normality have been compromised. In essence, this is what has occurred to us during the lockdown period making our angry feelings both expected and 'normal'. The lockdown might not be the only source of anger during this time. Being in close proximity to your family for an extended period might also elicit frustration and anger. However, anger is a powerful emotion and while many have felt this due to our current circumstances, allowing this anger to manifest can have a detrimental effect on our relationships and might distort our perception of the future. So, if you have found yourself feeling increasingly angry here are some things that you can try to assist you to work through this emotion and prevent it from impacting your relationships and overall functioning:

#### 1) Acknowledge your feelings

Being able to identify that you are feeling angry and that this is ok, is the first step to working through the emotion.



#### 2) Take a step back and reflect

Try and find a quiet space to be with yourself and reflect on how you are feeling. What has brought on this emotion? Could it be because of lockdown? Your family? Or something else entirely?



#### 3) Do some breathing exercises

Breathing and meditation are great ways to calm our thoughts that might be contributing to our angry feelings. Try this breathing activity:

- Exhale completely making a 'whoosh' sound
- Breath in for the count of 4
- Hold your breath for the count of 7
- Exhale making a 'whoosh' sound for 8 counts
- Repeat this 4 time



#### 4) Do some physical activity

Going for a run or a walk will decrease your feelings of anger and it will also assist you in clearing your head of unhelpful thoughts.



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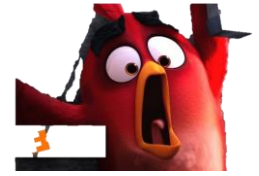


## 5) Make a list of the things you can and can't control

Being aware of the things that you can't control might assist in the de-escalation of the emotion linked to these things. If your emotions are being impacted by things that you can control, then think about what you could change to make you feel better.

## 6) Seek help

If the anger starts to feel overwhelming, it might be time to seek help.



Through it all, it is important to remember that you are not alone. The Cedarwood community is always willing to lend a hand and help you to be the best that you can be amidst the uncertainty.

### Resources used:

- <https://www.theflorentine.net/2020/03/27/mental-health-coronavirus-lockdown/>
- <https://news.abs-cbn.com/life/03/23/20/life-coach-shares-tips-on-dealing-with-anger-anxiety-amid-lockdown>
- <https://www.dailymail.co.uk/femail/article-8190399/The-five-emotional-stages-coronavirus-lockdown-impact-mental-health.html>
- <https://www.cntraveller.in/story/7-emotional-stages-lockdown-coronavirus-india/>
- <https://www.businesslive.co.za/bd/national/2020-04-01-podcast-study-shows-sa-is-angry-amid-lockdown-and-downgrade-woes/>
- <https://www.dailymaverick.co.za/article/2020-04-03-the-impact-of-the-nationwide-lockdown-on-mental-health/>

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