



By Mino Jochi

“Maine ghanu Mgusso aavech...” isn't this something that happens to all of us? But do you know that your anger is a reason for you to forget things and it causes memory loss?

Renowned German author Eckhart Tolle has rightly stated: “Where there is anger, there is always pain underneath.” Anger drives you to turn blank, feel lost and become forgetful and then the individual complains of memory loss problems. It affects all age groups.

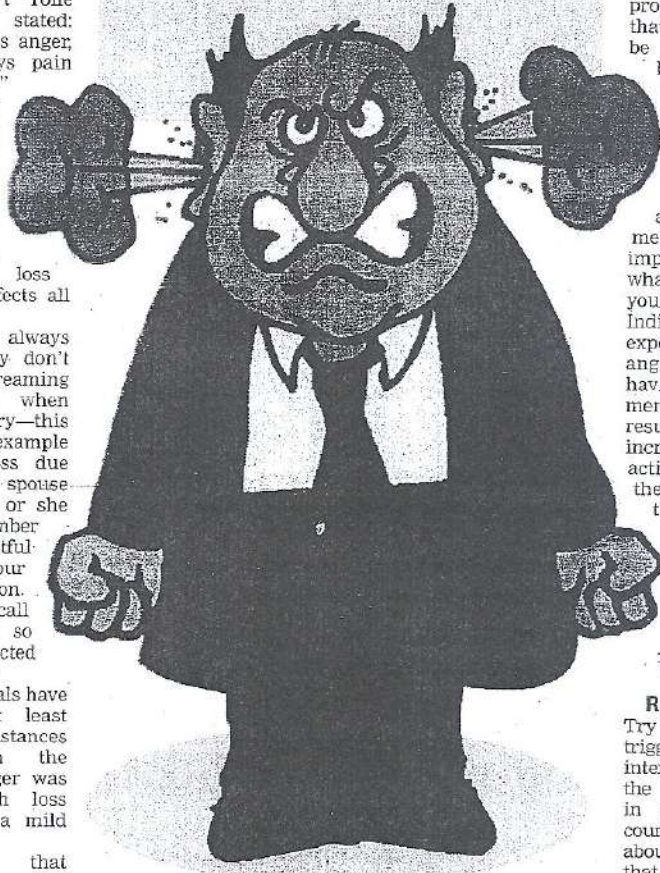
Children always claim that they don't remember screaming and howling when they get angry—this is a classic example of memory loss due to anger. Your spouse claims that he or she does not remember saying those hurtful things during your heated discussion. You can't recall how you got so angry that you acted totally foolishly.

Most individuals have experienced at least two to three instances during which the emotion of anger was associated with loss of recall and a mild memory lapse.

Recognizing that anger affects brain functioning and memory is vital to coping with anger. What definitely helps is when somebody—be it family, colleague or friend—helps the angry person to reconnect the thinking brain so that new, more positive ways of functioning can be learned and initiated going forward. Keeping the brain constructively engaged is the best predictor of accountability, which is what is needed if actions are to eventually change.

One useful thing always is to do physical exercise for 30-40 minutes minimum daily

# CONTROL YOUR ANGER OR LOSE YOUR MEMORY - YOUR CHOICE!



as it has a great effect on your cognition. And it also helps the individual control to a great extent his/her anger and also keeps the individual's body fit and healthy and improves circulation, which means the brain is able to get fresh oxygen more quickly.

### USEFUL TIPS TO CONTROL ANGER

1. **Think and then speak:** In the heat of the moment it's easy to say things you'll regret later. Take a few moments to collect your thoughts before saying anything.
2. **Calm yourself and speak out:** Speak out and have clarity. Avoid unnecessary

negative talk.

3. **Take a break:** Giving yourself breaks during times of the day when you are stressed is a good idea. Little time that an individual spends in solitude can rejuvenate and help the person feel better prepared to handle what's ahead without getting irritated or angry.

4. **Strive to find proper solutions:** Late renowned American writer Eldridge Cleaver had correctly said: “You're either part of the solution or you're part of the problem.” Stop thinking negative all the time and think of solutions rather than trapping yourself in more and more problems.

5. **Have relaxation skills:** When your temper flares, put relaxation skills to work. It immensely helps. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase. You might also listen to music, jot down your thoughts on paper or practice yoga and meditation.

Memory problems can be very distressing and interfere with our ability to achieve our goals in life. Often when people are experiencing memory problems, they worry that something might be wrong with their brain. Neurological factors can also cause memory problems.

However, emotional problems such as anxiety, stress and anger can all cause memory problems. It is important to determine what factors are causing your memory problems. Individuals who experience intense anger and rage report having blanks in their memory. Anger can result in a general increase in physiological activity and a focus on the situation causing the anger, which can blind the person to what is happening around them. Such people should seek professional assistance to manage anger.

### RELAX & REBOOT

Try to observe what triggers your anger and intervene early by leaving the situation, engaging in slow breathing, or counting to 20. Think about the consequences that your angry behavior can cause and recognize that your internal self-talk is likely to be contributing to your anger.

Meditation as a daily practice can make a huge difference in anger management which, if in proper control, ensures a better memory. Not only will you get peace of mind but the confidence to recall and recollect more. Try taking a deep breath and then let it out, and keep on breathing deeply and slowly. While doing this, focus your attention on nothing but groups of muscles to relax them.

Start with your forehead and relax those muscles. Go on to your shoulder muscles, then

your stomach, legs, feet, toes. This systemic relaxation will bring on a kind of meditative state in a matter of a few minutes.

As a 'resilience expert' named Mark Brown has correctly said: “Sometimes the most productive thing you can do is relax.”

Anger can also affect your digestive system. When you are really annoyed, the body decides it's simply not the time for digestion and thus slows the process down.

When an individual is angry there are real physical as well as mental changes taking place in his/her body. But if it's really intense and the person is perpetually upset, it can be quite detrimental. All of the changes that take place in your body when you're angry are meant to be for a short time but when the anger persists longer than that, these changes start to affect many vital organs, digestion, sleep etc.

Anger is closely related to the well-known fight-or-flight response, which we often associate with stress or fear. As a result, our ability to process complex information decreases, resulting in a sort of fatigue state. The individual sees the world through a filter of anger and has a difficult time actually understanding, hearing or interpreting other people.

In conclusion, don't let your uncontrolled anger disrupt your memory potential. The memory power of an individual is tremendous. The capacity of our brain to sort out, store and recall the information can beat the best computer in the world. Also rapidity, length of time, accuracy of recall and recognition are all signs of good memory. Always have the desire and interest to learn new things at any age. Interest and close attention are essential for effective learning and memorization. Our brain power is just amazing.

As late well known American educator Barbara Jordan has rightly said: “Focus on brain power.”

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