

Our ongoing services:

- Stoppit Anger Support Group, every Wed. 6:30-8:30 PM at Family Health Care, Rainbow and SW Blvd
- Individual, Couples and Family Training
- Workshops-professional and consumer
- Presentations for professional staffs, churches, support groups
- Workplace and employee conflict resolution

www.anger.org



News from Anger Alternatives

Anger and Health



In the past years we are all exposed to more and more information about the effects of anger on our physical and mental health. It is clear that mismanaged anger can have long term negative effects and that chronic anger problems can compromise the immune system, making us more susceptible to sickness.

With the holiday season approaching, today's financial stress, and the general pressures of our lives, we believe it is important to relate to this subject and raise awareness.

For that reason, we have invited Dr. Bethany Klug DO, a Kansas City physician, to share with us situations she has encountered in her practice that are connected to anger, health and healing.

You can also find more information under the subject "Anger and Health", on our website, www.anger.org.

Jerry and Rusty

Anger as a Force for Healing



Anger can help us harness the resources within ourselves to heal. This is anger as a force for positive action. When anger goes unacknowledged, it can manifest in ways that block our ability to heal and lead to illness.

Most people come to my holistic medicine practice because they are ill. I see many ways unacknowledged anger and difficult emotions create illness and prevent healing process. Here are a few examples:

Jodie's son was born with a defect that required multiple surgeries. She managed his surgeries like she managed her business, with great skill and aplomb and had complete trust in her motherly instincts.

Death for her son was not an option. While in complete charge outwardly, Jodie's body was telling a different story. Her heart rate would suddenly race to a rate of 200 or more and she would pass out.

This is an example of how the body speaks its mind despite efforts to remain in control. Taking charge is a valid way of responding to anger as long as we acknowledge our anger. For Jodie and many of us, it is a way of hiding, until the anger expresses itself as illness.

Illness can take away our identity, leading to anger. Terry came to me with unexplained fatigue and inability to think. Once diagnosed, it was clear that he needed to take leave from work. This humiliated him. He felt it was unfair to his wife, children and co-workers. He took the leave, but never really

rested. Instead he poured what energy he had into researching treatment options. He consulted with many different practitioners whose treatments often made him very sick. He never put his trust in a treatment and let it work.

Terry was so ashamed of not being able to work that he never let himself or others take care of his needs. He never allowed himself to be sick. Some people balk at this thinking of it as a defeat. Illness is as much “us” as health. James Jealous, DO, explains that illness is our body’s best effort to keep us alive given the circumstances. By accepting the illness, we acknowledge it as us, listen to it, and let it teach us how to be well.

Rick had been ill for years and unable to work when I diagnosed him with Lyme disease. Frustrated and angry he spent hours on the internet immersed in the controversies behind this condition. His response to treatment was less than stellar until I explained to him that the conspiracy theories were creating a victim mentality in him that sucked his healing energy dry. He needed to get off the internet and surround himself with positive messages and people. A few weeks later, his bank foreclosed on his house. When it was all said and done, he realized it didn’t matter. He was filled with gratitude for his family and just to be alive. He was filled with confidence that he could heal, and he did. The last I heard he was going back to work.

Learning to deal with anger as it arises helps us stay healthy. One of my spiritual teachers advises us to treat anger like a crying little baby. A baby cries when something is wrong. So instead of getting mad at her, pretending he isn’t there or running away from her, we take care of him. We check her diaper, feed him, hold her close and make sure she is comfortable. In the same way we must acknowledge our anger and other difficult feelings. At first it is scary, but with practice we learn to be with our anger just like we are with an old friend--a straight talking one that tells you exactly what he thinks. This is when anger becomes a force for healing.

Bethany Klug, DO helps people restore their health with holistic medicine in her Prairie Village, KS medical practice. She is boarded in family medicine and osteopathic manipulative medicine. Dr. Klug founded Heartland Community of Mindful Living, devoted to the mindfulness practice in daily life and teaches regularly. She writes the monthly column “The Doctor Cooks” for the Kansas City Wellness Magazine. Reach her at 913.642.1900 or www.bethanyklug.com.

For more information on dealing with anger issues, please visit anger.org or contact us at 816-753-5118.