

KOPA (Anger)
Understanding &
Management

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KOPA (Anger) – Understanding & Management

Introduction Anger is a natural human emotion. It appears in response to people, situations, or events.

Nature of Anger Anger is often displaced. We may express anger from one situation onto another person.

Why Anger Matters Anger drains mental and physical energy and disturbs well-being.

Scientific Insight Chronic anger is linked to heart disease and other health problems. **Psychological**

Understanding Anger begins early in life and continues throughout life.

It cannot be eliminated but can be managed.

Impact on Relationships

Uncontrolled anger damages relationships.

Conclusion

Understanding anger is the first step to managing it.