

## .Professionals used to treat anger

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### Treatment of religious:

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Which is Baltosi followers peace be upon him, and so seek refuge with Allah from Satan and ablution and change the situation either sit or lie down or go out or sleep and silence and invocation of the statement in Kdm rage of reward and contained in the sequel of anger from failure and the use of prayers.

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### Behavioral therapy

: The behavioral therapy is effective in treating cases of anger as remixes of behavior is not desirable and replace it with training and learning the behavior of another, more positive and works to help the individual to adapt and cope with difficult situations, as in the relaxation where they are training the individual to stop the full Oomwguet the tense muscles of the body, and deep breathing through the diaphragm and talk to the self a few words that give rise to calm and comfort such as: "Relax" with Habituation to repeated or attempt to evoke some of the positions of beloved memory, using suggestion to live in his imagination again.

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### Cognitive therapy:

Seeks to change ideas so irrational urges this method to think more positive and realistic about the world and the distinction between ideas and ideas of no logical sense for any anger the individual acquires skills useful and effective in thinking, feeling and acting.

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### Aromatherapy:

Therapy is used aromatic oils in the treatment of tension and anger and emotion, when the smell beautiful from something or someone automatically the body will interact positively with the aromatic smell through the secretion of chemicals common state of feeling comfortable and calm, these fragrances: chamomile and lavender oil and oil orange and jasmine oil.

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### Art Therapy:

Writing, drawing and dance of creative activities that the owner is able to deliver as well as it raises morale and Almzahip for the better and one of the acceptable methods to express their anger and transcend it.

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### Diet therapy:

\ There are some types of food that have a therapeutic effect which can significantly control the chemistry of the brain, such as milk, chocolate, turkey meat, cinnamon, honey, lemon, mint ...

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### Yoga Therapy

By sitting in a particular situation such as a squatting position, which allows the body's alienation from the external environment is full of troubles and outrageous and enter another world suggests calm deep psychological thinking of the individual in terms of nothingness.

### Mathematical treatment

That the practice of a set of kinetic exercises such as: running, jumping or stationary bicycle has a big role in calming the nerves and reduce the anger as well as to the safety of mind that there are also advised to boxing, karate,

because of their active role in the emotional venting of anger.

Finally:

Too much on all of us that is well aware of that anger, passion and emotion can not be offset completely, and that's not the idea right and the right if we guide our thinking in this direction because there are situations and things will happen constantly stimulate the emotion of anger on our work life is full of surprises and frustrations and pain, so we can not change all of this but we can change the events that affect us in learning strategies and techniques and skills of anger management training or compatibility with exciting positions for the prevention of any disorder or disease fatal

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