**Stress Social Support and Anger Management**

It is important to note that stress has some impacts on an individual’s health, something that health experts have been keen enough to outline. In some ways, stress has the capacity of showing some physical reactions on an individual. Some of the common effects of stress are insomnia, increase heart rate and agitation.

 When it comes to anger management, stress usually has a direct impact that is quite evident and can be easily seen. Stress has the capacity of limiting one’s chances of controlling anger management process amicably due to the following reasons. Achieving goals related to anger management may seem to be extremely difficult because it has the capacity of triggering emotions negatively. Therefore, stress and anger management cannot go hand in hand since one is likely to have adverse effects on the other, something that is seen as a significant hindrance to the management of anger (Krueger, 2009).

 The transactional model of stress and coping has been very instrumental when it comes to the most efficient methods in which one can effectively cope with stress. Primary appraisal is one of the most important methods I would use to counter the effects of stress. In this case, I would evaluate the significance of a dangerous event or the stressor. I am of the strong belief that this is the most important approach towards dealing with stress. The second model that I would gladly in co-operating in my quest to deal with stress is the secondary appraisal. In this case, I would evaluate my ability to control the stressing factors (Gupta, 2008). This is very important since it is likely to introduce some aspect of the confidence interval in the manner in which I am handling stress. In addition to that, coping methods also come in handy in stress management. This is the act of finding the most appropriate methods to deal with primary and secondary appraisals. All these are likely to change the manner in which I react to stress.

 Social support has been an integral part of the manner in which I control anger management. It is important to note that most cases of my anger management journey have been toned down by simply having a robust social support that is more than concerned. Many caring persons have always shown much interest based on their willingness to help and be part of my restoration process, something that I have welcomed with open hands (Lin, 2013). In addition to that, social support can reduce my frequency of becoming angry quite often and condition my emotions to be relatively slow to anger, something that I have been struggling to overcome quite often. This is evident from the fact that social support has a clear structure that gives a clear insight on how one can move back to the desired character. Through social support, my emotive behavior can be put through a rigorous process involving accountability of one's reaction to extreme situations (Romas & Sharma, 2017).

 In this case, the best manner to garner social support is by first acknowledging the fact that my biggest problem is anger management and I might require other people’s support to deal with it considering its adverse effects comprehensively. To fully benefit from social support, it is important to allow other individuals who may be of value regarding emotional guidance and counseling services aimed at anger management. Through this, I am confident that the process of anger management is likely to start quickly (Elkin, 2013). Lastly, I am more than confident that changing my behavior starts with me and acceptance of this fact is the epitome towards having a chance to deal with anger management completely.

**References**

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