



# Ahead & Beyond

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## In this issue – Some Tips To Let Go Off Your Anger;

## Fun time.

This newsletter is an attempt at giving you tools of self-improvement which would help you move Ahead in life Beyond your constraining beliefs or blocks, phobias etc. Please feel free to share it within your circle of contacts.

How often do you get Angry? How long does your anger last? Anger is one of the more common emotions. It's also one of the most damaging. Anger can ruin relationships, fuel poor decisions, and even lead to harming another person. **Choices made while angry are almost always BAD choices.** Learning how to deal with anger like an intelligent, rational adult can eliminate a lot of drama from your life.

### Deal with anger effectively and avoid making a situation even worse:

1. **Call a timeout.** Imagine all the problems you could have avoided by taking a short break and cooling off before opening your mouth. Not every situation is suitable for a break, but most are. Just stepping away for a few minutes is magical in scaling down emotions.
2. **Get some exercise.** Go for a hard run or hit a punching bag. A long swim can burn up a lot of energy, too. Get your heart pounding and breathe heavily for a little while. You'll feel much better and increase your health and fitness.
3. **Listen to soothing music.** Now isn't the time for heavy metal or the theme from Rocky. **Find something that soothes your emotions and listen for 15 minutes.** Experiment with different types of music until you find the best choice for you.
4. **Pray.** Praying can help calm you and release your anger.
5. **Meditate.** Meditation can also lower feelings of anger. Either meditate on your breath or on your feelings of anger. Stick with it until you feel better.
6. **Count to 10.** Visualize the numbers as you count. If possible, count out loud. Changing your focus to counting, visualizing the numbers, speaking the numbers, and hearing the numbers will keep your brain occupied. Think of counting as a very short break.
7. **Breathe.** **Focusing on breathing is another way to take a mini-break without having to flee the scene.** Breathing is a tool you can use throughout the day with complete privacy.
8. **Volunteer regularly.** One of the advantages of volunteering is the perspective it provides. You realize that your life could be a lot worse than it is. You learn to Empathize.
9. **Take a walk.** Walking is a great activity. You get a little exercise. It requires a little bit of brain activity, but not so much that you can't think deep thoughts. A walk is a good addition to anyone's day and can help you deal with anger-related issues.
10. **Remember that everyone is doing the best they can.** At any given moment, everyone is doing their best. **Their best might not be very good at this moment, but it's still their best.**



## Anil Kulkarni

Life Balance Coach,  
Executive Coach,  
NLP Coach Practitioner  
Business Accelerator Coach

## Streamlined Mind Power

### OUR REGULAR PROGRAMS

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Do you want to get noticed Better?



Develop a magnetic personality within the comfort zone of your home.

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<http://streamlinedmindpower.com/be-more-have-more/>

#### Climb Your Everest

What is it that you want to realize quickly?



Look up to yourself with Pride. Find your dream & take meaningful strides to achieve it with guided soulful process.

To know more, please visit

<http://streamlinedmindpower.com/climb-your-everest/>

11. **Smile.** A smile holds more power than most people think. Smiling is soothing & helps in calming the nerves. The simple act of smiling can enhance your mood and change your perspective.
12. **Focus on solutions.** Rather than focusing on your emotions, focus on how you can get on top of & resolve the situation.
13. **Address your anger internally.** Ask yourself why you're angry. Did someone fail to meet your expectations? Do you feel threatened or underappreciated? Are you afraid? Dig into the reasons that you feel angry.
14. **Address the issue rather than persons.** *By attacking the other person, you escalate the situation.* Once the other persons start defending themselves, finding a solution becomes much more difficult.
15. **Get help.** *Get professional help for serious anger issues.* If you're regularly angry and can't control your anger, seek out the help of a professional.

It's important to deal with your anger in a positive way. **Handling anger poorly can damage your relationships and your health.** There are many quick and easy ways to diffuse your anger and stop yourself from making a bad situation even worse. Address your anger in a healthy manner and you'll be glad you did!

**ANGER IS SLOW POISON WHICH, UNLESS CONTROLLED, CAN RAISE YOUR STRESS LEVELS TO DANGEROUSLY DAMAGING PROPORTIONS.**

### *DID YOU KNOW???*

- You burn more calories sleeping than you do watching TV!
- A sneeze travels about 100 miles per hour!
- Chewing gum while you cut an onion will help keep you from crying!
- More people are allergic to cow's milk than any other food!

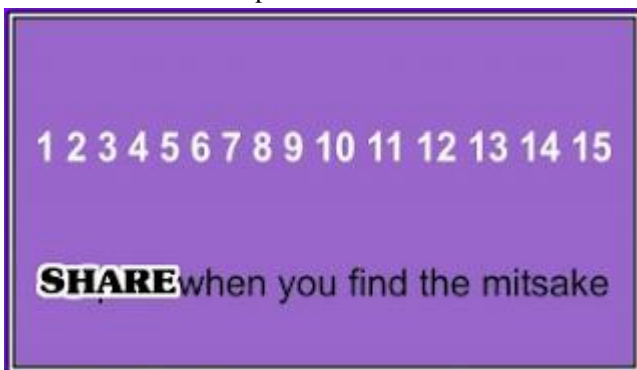


### *Fun time for you:*

Answers to last month's riddles: 1) Alphabet 'E'; 2) A river; 3) None. The doctors are Robert's sisters.

Here are some new teasers for you. Answers to these will be shared in the next issue of 'Ahead & Beyond'.

1. What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?
2. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
3. Find the mistake in the picture below.



4. What is more useful when it is broken?

## **OUR REGULAR PROGRAMS**

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Be the sculptor of your own destiny & shape your future the way you want it to be instead of being just a passing witness to it.

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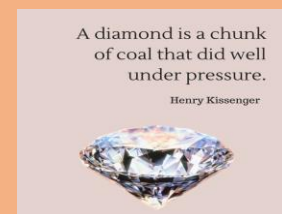
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Are you performing to your True Potential? Do you know what is your True Potential?

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