

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥

ਸਤਿਨਾਮੁ ਸਰਬ ਕਲਿਆਣ ਟਰੱਸਟ (ਰਜਿ:)

email: kirtsahyogsskt39@gmail.com, www.satnamsarabkalyantrust.org,

ਹਰਿ ਹਰਿ ਕਰਹਿ ਨਿਤ ਕਪਟੁ ਕਮਾਵਹਿ ਹਿਰਦਾ ਸੁਧੁ ਨ ਹੋਈ ॥ (ਪੰਨਾ ੧੩੨) ਇਸ ਪੰਗਤੀ ਤੇ ੧੦ ਲਾਈਨਾਂ ਵਿੱਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

ਕਹੈ ਨਾਨਕ ਜਿਨ ਸਚੁ ਤਜਿਆ ਕੂੜੇ ਲਾਗੇ ਤਿਨੀ ਜਨਮੁ ਜੂਐ ਹਾਰਿਆ॥ (ਪੰਨਾ ੯੧੯) ਇਸ ਪੰਗਤੀ ਤੇ ੧੦ ਲਾਈਨਾਂ ਵਿੱਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

ਵਿਦਿਆਰਥੀ ਦਾ ਨਾਂ ਤੇ ਹਸਤਾਖਰ

ਨੋਟ: ਇਸ ਪੰਨੇ ਤੇ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਨਾਂ ਲਿਖ ਕੇ ਹਸਤਾਖਰ ਜਰੂਰ ਕਰਨ।

HOW TO MANAGE ANGER

Anger is an inevitable, normal and even healthy emotion, but it is necessary to deal with it in a positive way. Anger is never without a reason, but that reason is seldom good one. Anger accomplishes less but destroys more. One must learn safe and efficient ways to manage anger in one's life. Here are some tips to control anger and calm down.

1. Breathe deeply for a few minutes before reacting to a tense situation. Count from 1 to 10.
2. Take a break from a person or a situation till frustration and anger subsides.
3. If you lose your anger even over small things, engage yourself in regular physical activity such as brisk morning walk, jogging, yoga, martial art etc.
4. Violence is no solution to anger. This is very dangerous. It can even lead to acts that have adverse consequences. Prevent yourself from acting violently. Violence won't fix anything, might make it worse.

ਕਾਮੁ ਕ੍ਰੋਧੁ ਕਾਇਆ ਕਉ ਗਾਲੈ ॥ਜਿਉ ਕੰਚਨ ਸੋਹਾਗਾ ਢਾਲੈ ॥

5. Avoid conflicts and misunderstanding. Make conscious efforts to remain impartial and avoid ugly unpleasant situations.

ਝਗਰੁ ਕੀਏ ਝਗਰਉ ਹੀ ਪਾਵਾ ॥

6. Try to understand why you are angry with others. You should do introspection. You can talk to someone older than you and whom you trust. Look at the situation, from the other person point of view, keeping yourself in the other's place.

ਰੋਸੁ ਨ ਕਾਹੂ ਸੰਗ ਕਰਹੁ ਆਪਨ ਆਪੁ ਬੀਚਾਰਿ ॥
ਹੋਇ ਨਿਮਾਨਾ ਜਗਿ ਰਹਹੁ ਨਾਨਕ ਨਦਰੀ ਪਾਰਿ ॥੧॥

7. Be polite, decent and respectful. Avoid ugly unpleasant things too as they hurt others.

ਮੰਦਾ ਕਿਸੈ ਨ ਆਖੀਐ ਪਤਿ ਅਖਰੁ ਏਹੋ ਬੁਝੀਐ ॥ ਮੂਰਖੈ ਨਾਲਿ ਨ ਲੁਝੀਐ ॥

8. We should take out time to rest and relax. Listening to music, gurbani, reading a book, taking bath are activities that can help you to relax.

9. Always think before you speak. You might not say something for which you shall regret. You should always have positive thinking and even compassion for your adversaries.

ਫਰੀਦਾ ਬੁਰੇ ਦਾ ਭਲਾ ਕਰਿ ਗੁਸਾ ਮਨਿ ਨ ਹਢਾਇ ॥
ਦੇਹੀ ਰੋਗੁ ਨ ਲਗਈ ਪਲੈ ਸਭੁ ਕਿਛੁ ਪਾਇ ॥੨੮॥

10. Firstly avoid getting into a dispute. If such a situation happens, resolve it as fast as you can. Forget and forgive is a sure mantra for happy life. This will make you feel more positive, comfortable and relaxed.