

To Hulk about, or not!

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Remember those moments of defined rage? The moments when you swear you could spill out all the cuss words in your dictionary at one breath, tear off all the hair on your scalp, and you wish you could turn into a humongous monster rampaging through the city, roaring and stomping on everything that comes your way... Alas, only Hulk is allowed all the aforementioned actions, in fact he gets to be one of Marvel's Avengers for being an angry green monster. Unfortunately, we don't receive the similar privileges

for our public display of anger and yet there are so many, many things that just burn our insides up with fury every single day. An example you say? Imagine yourself standing amid a traffic-stuffed, muddy road on a rainy day; horns honking aimlessly, restless people yelling at the top of their voices and you're stuck in there for what feels like an eternity. If you feel the

frustration boiling up inside you at this very thought, here are a few remedies to keep the cool when cruising through the everyday mayhem.

MEET MR. PUNCH-KIN

You don't have to necessarily call it that; you just need to be able to punch it. When wrath takes its toll on you, this is the most immediate and instantly effective method. Find the nearest, softest, cushiest object which may be a pillow, a bean bag or a stuffed toy that you've always hated, and then punch and keep on punching till your hands tire! You can later hug the object and cry your frustration out too. But

remember, Mr. Punch-kin should strictly be a non-living, inanimate object. Please make sure of that.

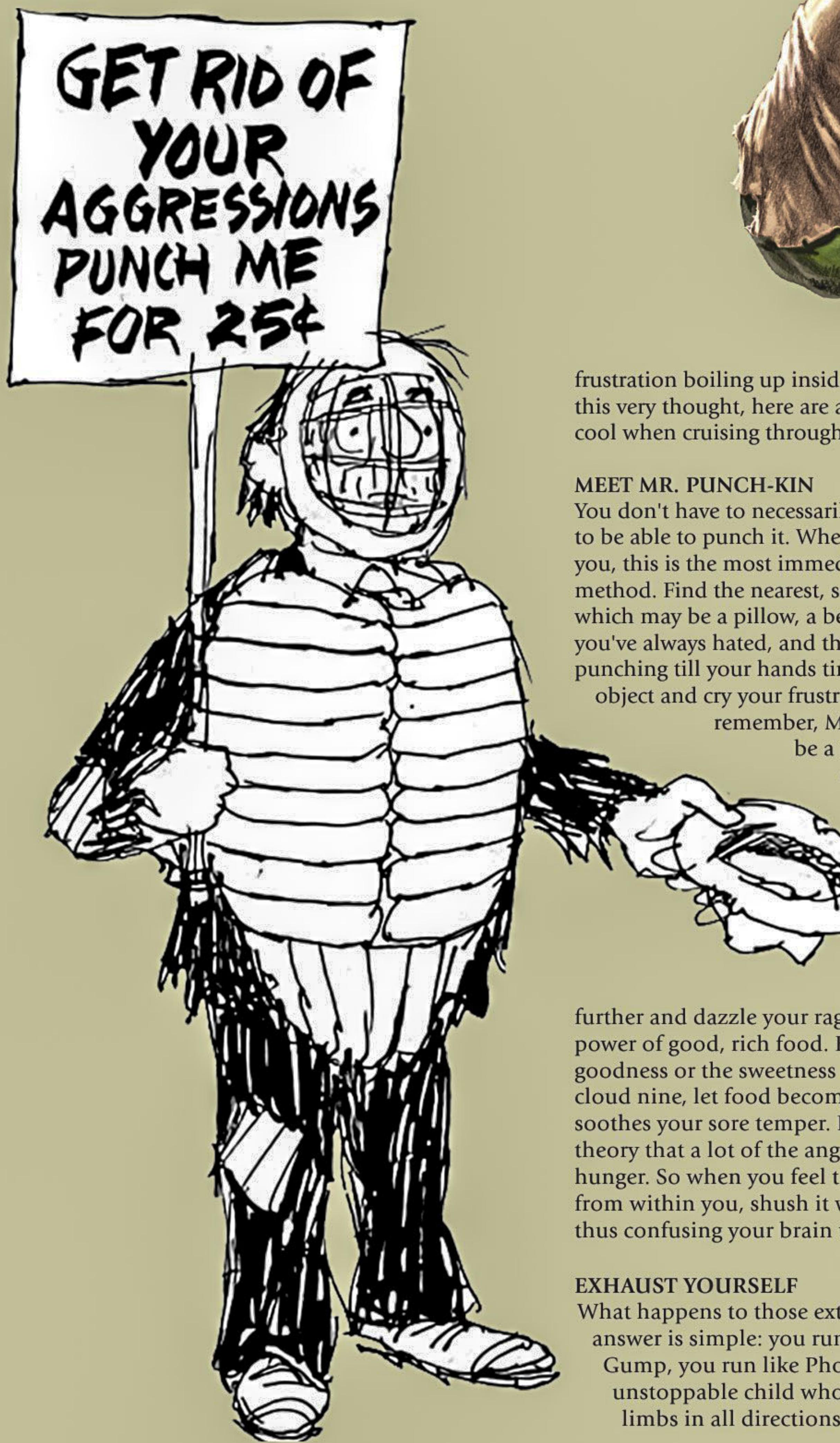
SHROUD THYSELF IN COMFORT FOOD

Needless to say when anger clouds your judgment, cloud it

further and dazzle your rage using the overwhelming power of good, rich food. Be it the aroma of savoury goodness or the sweetness of desserts that take you to cloud nine, let food become the tender hand that soothes your sore temper. It is also a widely believed theory that a lot of the angry outbursts stem from hunger. So when you feel the insurgence of the anger from within you, shush it with your favourite food, thus confusing your brain towards contentment.

EXHAUST YOURSELF

What happens to those extra calories you ask? The answer is simple: you run. You run like Forrest Gump, you run like Phoebe Buffay, you run like an unstoppable child who runs while throwing their limbs in all directions. And while you're at it, the



blinding force of air should wash out the heat of wrath from within you in a jiffy. In case you're not a runner, you could always engage yourself in sports that require lots of force and the act of hitting e.g. badminton, cricket or tennis. Can't aim straight? Even better. By the time you get a perfect contact of the ball or shuttlecock coming at you, you'd be completely drained of energy and completely oblivious as to why you had been taken over by rage earlier.

BEAT IT

Music is the shelter we seek refuge in for all our troubles but we usually tend to stick to our regular playlist which hardly puts a scratch, let alone a dent, on the temporary ghost of a whiny princess that overpowers us at that time. So how about stepping out of that cosy little playlist and overwhelming your senses with something completely erratic? You never know, maybe the thundering beats of a metal song or the nostalgia of a timeless classical could end up turning your frown upside down.

The thing about anger is that it's completely unpredictable and naturally what can be sneaky enough to choke-slam it to pieces has to be utterly unpredictable as well. Therefore take every moment of impulsiveness you face, courtesy of fury, and turn it into an opportunity of trying something new. Join the gym, take yoga classes, learn to play the drums — the possibilities are endless. For all you know, anger might not be bad for you after all.