

Is it ever OK to lose your cool at work?

The places in which we work can be melting pots of mixed emotions that we have to navigate on a daily basis and it is quite likely that our own emotions can be affected by the actions and behaviour of other people.

I was interested in a piece of American research¹ that says it is OK to get angry at work if the situation is managed correctly. It suggests that "managers who recognise their role in engendering anger in others may be motivated to respond compassionately to help restore favourable working relationships".

So when, if ever, would it be OK to "lose your cool"? When does another person's anger become bullying behaviour, and how do we manage those tricky situations effectively so that we achieve the best outcome for everyone?

My clients are often angry, stressed and anxious at work. These emotions can alter the way we behave, they can make us more snappy or short-tempered, and we can be more emotional. The result of all this is that other people's actions or words can feel very destructive.



I usually find that people who come to see me because they are not sleeping well, they are always feeling angry and are arguing with family, friends and work colleagues, or they are anxious and feel weighed down by worry have their "stressometer" running on red. Their emotional work/life balance, which they have tried very hard to maintain, is in a mess.

Very often the trouble is that those of us who feel like this at some point in our lives have forgotten something really crucial. We have forgotten to recognise our own value. Instead we have become too dependent on others, be it family, friends, work colleagues, or our boss, to give us those positive strokes.

Although it is nice to know that we're doing a good job and that we're meeting our targets, if we don't know how to give ourselves that pat on the back our self-esteem will never grow and develop. The trouble with our need to receive these positive strokes from others is that they never come at the right time. If our self-esteem is poor then we are not resilient to life's surges and pressures.

Did you know?

'90% of what you need to do in order to change your life is to understand yourself. To understand your psychological make up, what makes you "tick". When you understand exactly how YOUR mind works- the component parts of your psyche, and how they interact to create your thoughts, feelings, experiences and beliefs, then, and ONLY then, can you set about changing it with ease.'

Rob Kelly, Changing Limiting Beliefs, 2010

1 <http://psychcentral.com/news/2011/04/14/workplace-anger-can-be-turned-into-a-positive/25329.html>

Remember, I can help you be the person you want to be, so if you would like to talk to me about any issue that you may be having at work please give me a call before your problems become so great that you have to have time off work, or your HR department has to get involved. Your initial consultation is free and together we can work on a plan which will help you to really get to know yourself.

Call me on **07747 186670** and together we can help you deal with issues of stress and anger.

Kate Patterson – Qualified Hypnotherapist



What clients are saying...

'What a journey it has been for me! So pleased I listened and persevered and I feel like the brick wall that I didn't always know was there has been broken down. Finally I honestly feel like a new woman.'

'I was a little sceptical that hypnosis could help me – but my goodness it has, and I will definitely be recommending the process.'

'You made me feel at such ease, Kate, and I would like to thank you so much. I really feel that I can get on with my life now and be happy to be me...'

'Refreshed is the word I feel.'

Hanna



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