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**ASPEN
Answers**

by Lori Greer, PsyD

**UNEXPRESSED
ANGER HARMS
THE HEART**

Heart patients, particularly those with Type D personalities, might want to evaluate how they deal with anger. People with Type D personalities are prone to experiencing anger and other negative emotions, and have difficulty expressing themselves in social situations. According to recent research, heart disease patients who suppressed their anger experienced nearly triple the risk of suffering a heart attack (or dying) during the next five to ten years. Heart patients with Type D personalities were found to have the highest risk.

Anger is an emotion we feel when we are frustrated with a person and/or a situation. By learning new coping skills it is possible to deal with anger in an appropriate manner.

Clearly, our emotional health can directly affect our physical health. If you are wrestling with suppressed anger, or with depression, grief, or anxiety, you owe it to your physical health to learn new ways to deal with your emotions. We can help. Our counselors offer a sympathetic ear, sound advice, and helpful insights that will allow you to be healthy again, heart and body. Take the first step and call 608-742-5020 today for an appointment. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S.: Some people find it helpful to use assertiveness training, to help them express their thoughts and feelings in certain situations.

ASPEN
Family Counseling
www.aspenfamilycounseling.com