# Title: Health of the Mind – Avoiding Anger

**Key Questions:**

Do we ever stop and evaluate our lives?

When and why do the followers of T\* take time out to be reflective?

What are the benefits of reflecting on my life?

When can looking back be a negative thing to do?

Is there more to life than we experience in the physical world?

How do the followers of T\* listen to and respond to God, to people or to things that are precious?

Why is it of benefit to me to develop my spiritual or attentive nature?

Are there times when it is important to concentrate on the physical world?

Do we ever reflect on the things that have gone badly in our lives?

In what ways are followers of T\* critical of their lives or T\*?

When is it necessary to think critically about my own actions and how should I respond to what I notice?

When is self-criticism a damaging thing to do?

**Is** there a God worth listening to?

How do the followers of T\* listen to and respond to God, to people or to things that are precious?

How can following teaching and guidance of T\* improve society?

How do I respond when following the will of God or views held precious by my tradition conflict with society’s views?

**Key Concepts:** mind, contemplation, silence, knowledge, mental health, power, positive

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| **Learning objectives** | Activities | **Resources** |
| LO: to consider how avoiding anger can be helpful in developing a healthy mind. | Question: When was the last time you were angry? Was it a good thing to be angry about? How did you feel afterwards?  Sometimes it can be good to get angry about things – especially when it leads to you changing something for the better. Christians believe Jesus was without sin and he got angry with the traders who were ripping people off in The Temple. This is often called righteous anger. This is not the type of anger we are thinking about today!  In this lesson we are considering the type of anger that makes us lose control and leads to feelings of regret.  Look at pictures of people being angry. What do you think has led them to this point? Is the anger justified? What negative consequences may come out of this anger for the person or for others?  Read the story of Videhika and her servant Kali. What does this teach Buddhists? What can you learn from it?  Read the story of the angry young man and the Buddha. How could this advice have helped Videhika? How can it help you?  What do other religions teach?  Christianity  “When you are angry, don’t let that anger make you sin,”[[c](https://www.biblegateway.com/passage/?search=Ephesians+4#fen-ERV-28935c)] and don’t stay angry all day. Ephesians 4:26  Never be bitter, angry, or mad. Never shout angrily or say things to hurt others. Never do anything evil.Be kind and loving to each other. Forgive each other the same as God forgave you through Christ. Ephesians 31-32  Islam  *"(The righteous) are those who spend generously (in the way of God), whether they are in prosperity or in adversity, who control their anger and forgive other people, for God loves those who do good."*- The Holy Quran, 3:134  A man came to the Prophet (peace and blessing of Allah be upon him) and said, “Advise me.” He [the Prophet (peace be upon him)] said, “Do not become angry.” The man repeated [his request] several times and he [the Prophet (peace be upon him)] said, “Do not become angry.”  Hadith 16  Design a leaflet to help people control their anger. Include helpful religious teachings on the value of controling anger and top tips for how to control anger.  Do you think that controling anger helps to promote a healthy mind? | <https://os.me/eight-stages-of-anger/>  <https://zenflash.wordpress.com/2013/11/21/buddha-and-the-angry-young-man/>  <https://www.mind.org.uk/information-support/for-children-and-young-people/how-to-support-a-friend/> |