

**Anticancer**  
LIFESTYLE PROGRAM

# Keeping Your Cool When Emotions Run Hot

Mindful Techniques for Managing Anger

Dec. 4, 2024

**Margaret Fletcher**  
Mindfulness Instructor  
Anticancer Lifestyle Program



# Before we get started

- **Use the Q&A function** to ask questions at anytime. We'll answer them at the end.
- **You will receive an email with the webinar recording** once it's over. Note that webinars are also archived on our website, under "Events".
- Closed captioning is available in English.

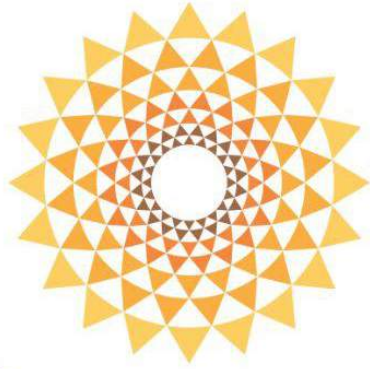
# Who We

**Are** The Anticancer Lifestyle Program (ACLP) offers free, doctor-recommended, expert-led resources to help you reduce your risk of cancer, cancer recurrence, and chronic illness.

Get started at [anticancerlifestyle.org](https://anticancerlifestyle.org)



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# Anticancer

LIFESTYLE PROGRAM®



Change



Mindset



Diet



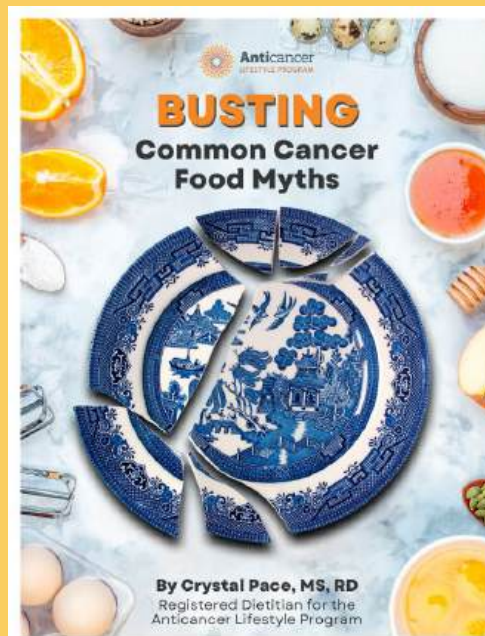
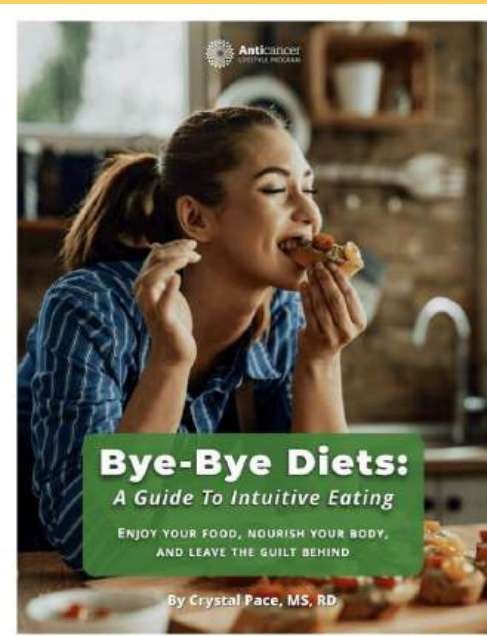
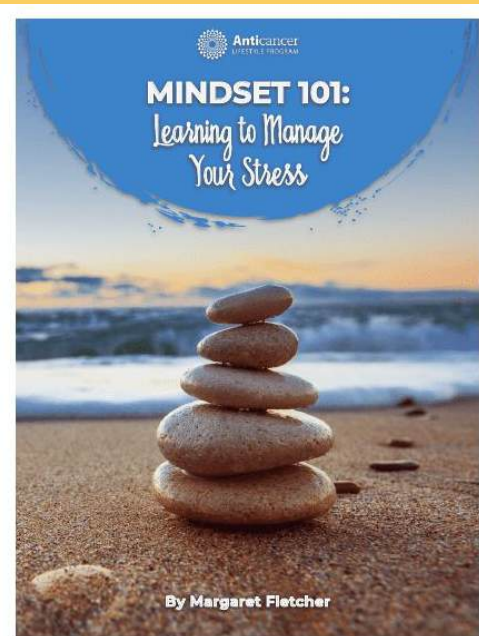
Fitness



Environment

Check out our **free** resources!

# Check out our eBooks





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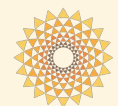
# Join Our 7-Day Mindset Kickstart

IT'S FREE & ONLY  
 MINUTES A DAY!

Enhance mindfulness, reduce stress, and improve well-being in **one week** with help from **Margaret Fletcher**, a certified yoga & mindfulness instructor.



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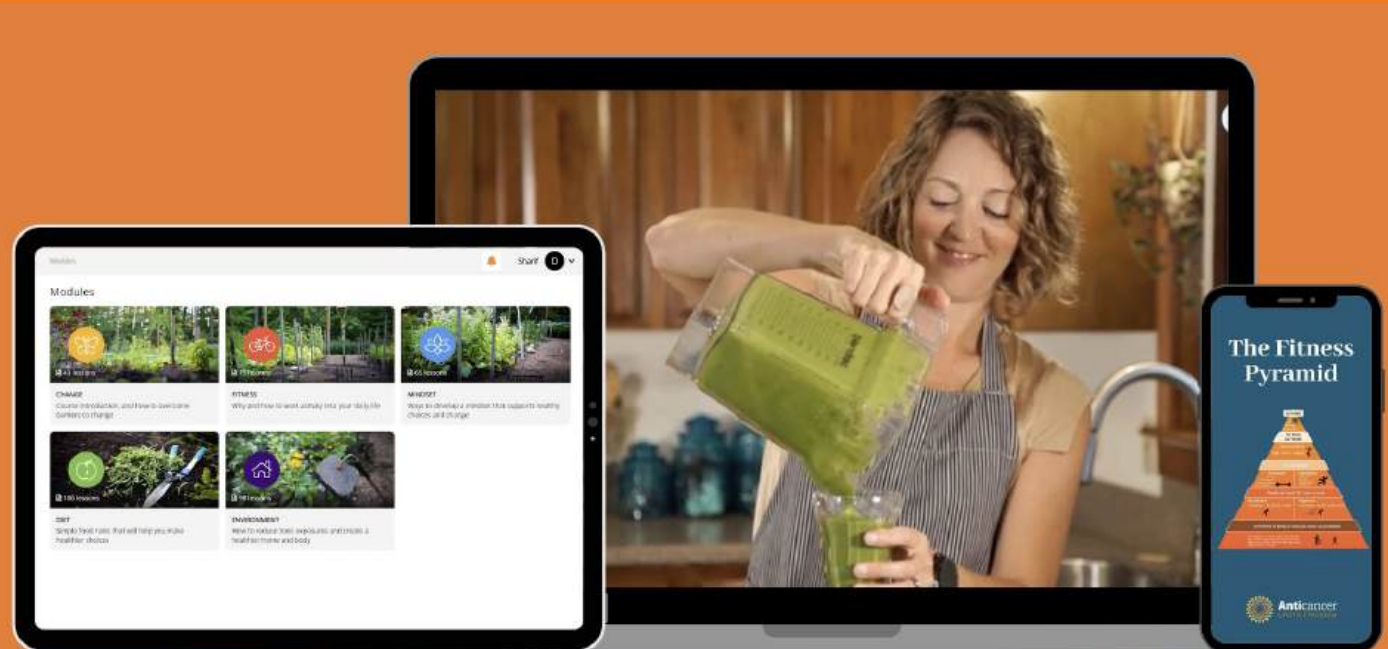


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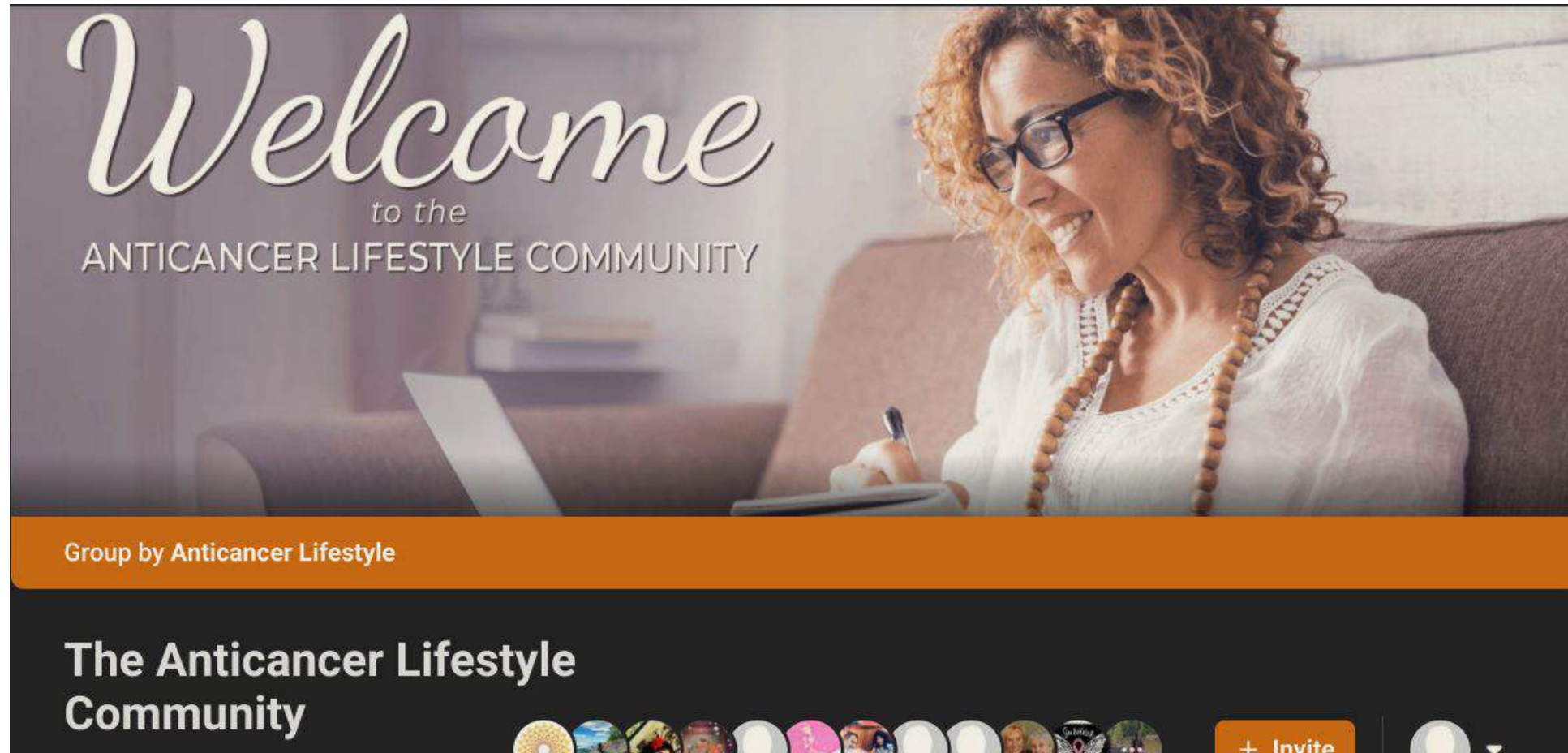
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Our FREE 10-hour course is divided into five self-paced modules. It's accessible on all devices, so you can learn anytime, anywhere.

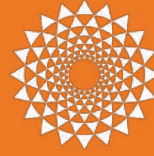
**And our dedicated mobile app makes the course just one click away**



# Join our Facebook community!







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Help us improve the lives of cancer survivors  
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# Today's Presenters



**Deborah deMoulied**  
ACLP Green Living Expert



**Erika Crespo**  
ACLP



**Nicole Jones**  
ACLP

**Presenter:**

**Margaret Fletcher**

ACLP Mindfulness Instructor

**Hosts:**

**ERIKA CRESPO**

Social Media Director, Anticancer Lifestyle Program

**NICOLE JONES**

Marketing Director, Anticancer Lifestyle Program

# About Margaret

**Margaret has been helping people to come alive through mindfulness for almost 20 years.**

Prior to co-founding East Coast Mindfulness, Margaret was a senior teacher and teacher trainer at the Center for Mindfulness at the University of Massachusetts Medical School. Her focus there was to study, teach and train professionals in Mindfulness-Based Stress Reduction (MBSR). Margaret teaches and trains MBSR and mindfulness now through East Coast Mindfulness. She has developed programs and courses for non-profits, corporations, churches, city and state governments, hospitals, schools and universities.





Discord, Angst, Division...

It's like they're in the air right now.



During this webinar, we will:

- Consider anger's origins
- Brief review: what neuroscience tells us
- Learn ways to bring your "best self" to moments of distress

A brief experiment:

Bring a situation to mind  
that evokes anger...

Notice:

Body Sensations

Thoughts

Emotions



Recognize directly:  
What is anger?

Now you can let that go

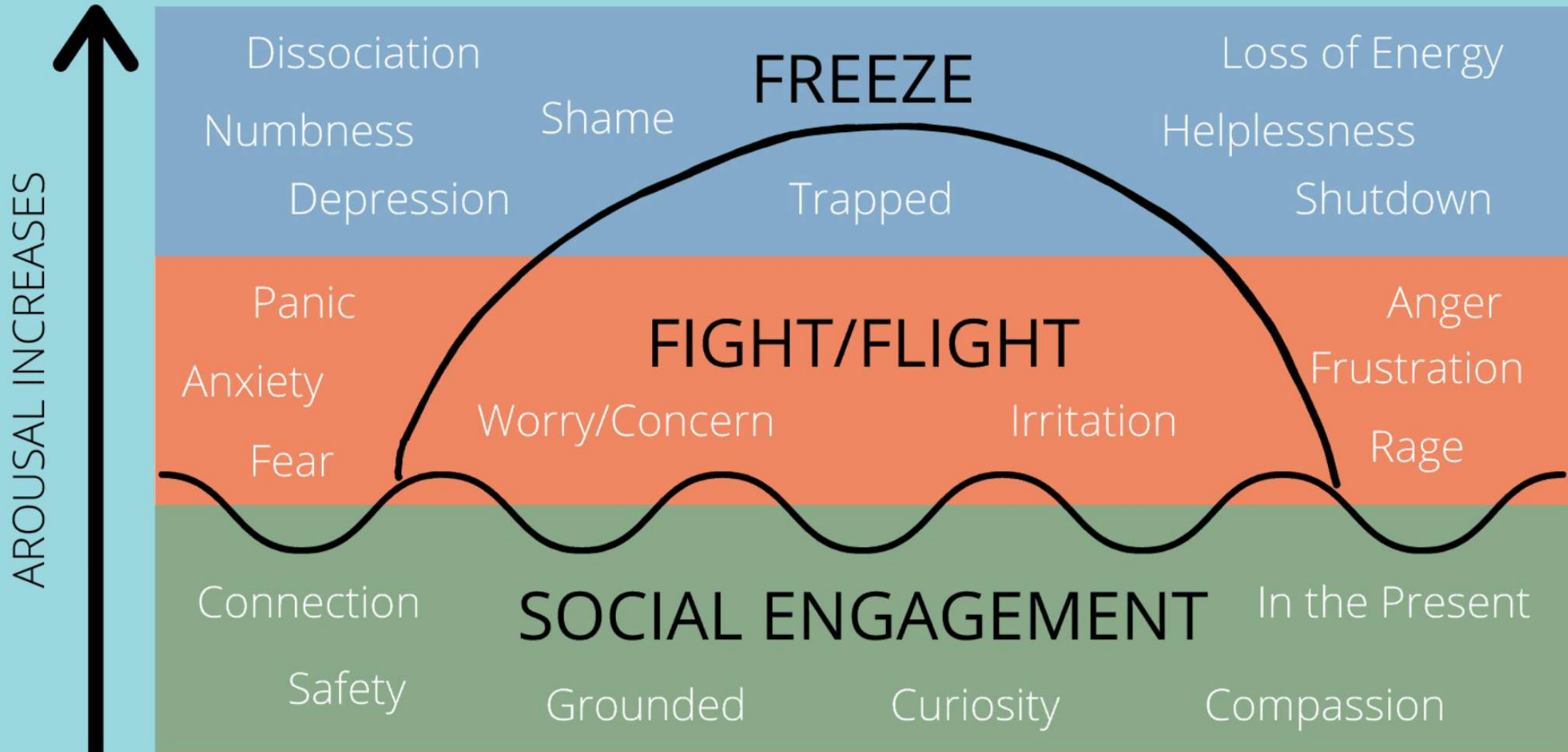


# What is anger?



- In the moment: ***Reaction to an unwanted event or stimulus; to threat***
- Stress reaction: fight, flight, freeze, fawn
- Over time: learned reactions and behaviors
- Across a life-time: habit that can be hard to break

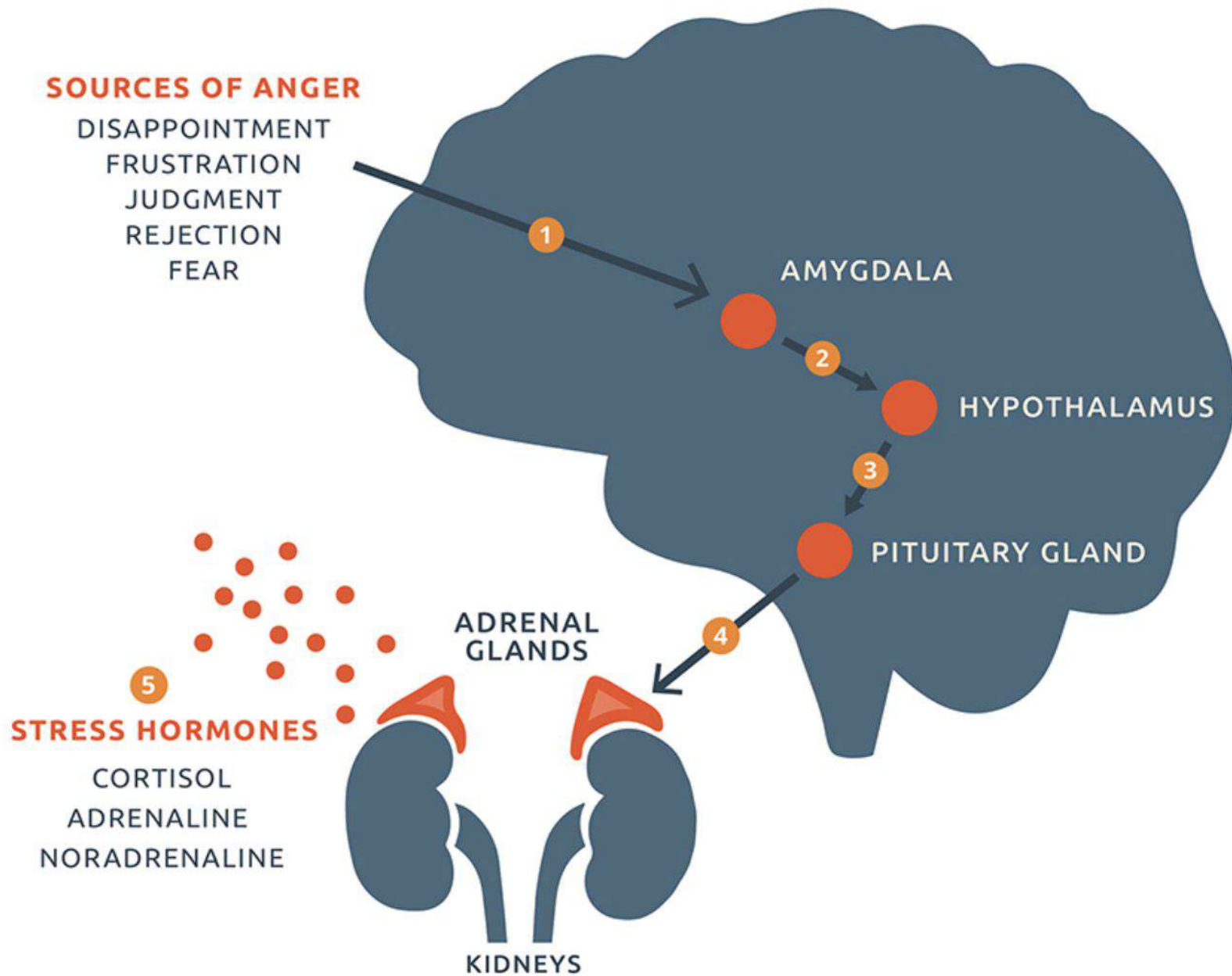
# The Nervous System's Response to Toxic Stress





## How did we learn this?

- Mammals: protective, survival strategy in the face of a threat
- Human adaptation: threats are more complex
- Anything can set us off: Money, relationships, status, norms, expectations, politics, social behaviors



# Anger on a continuum

Dismay    Annoyed    Irritation    Anger    Rage!    Fury!!





# Unresolved anger can lead to:

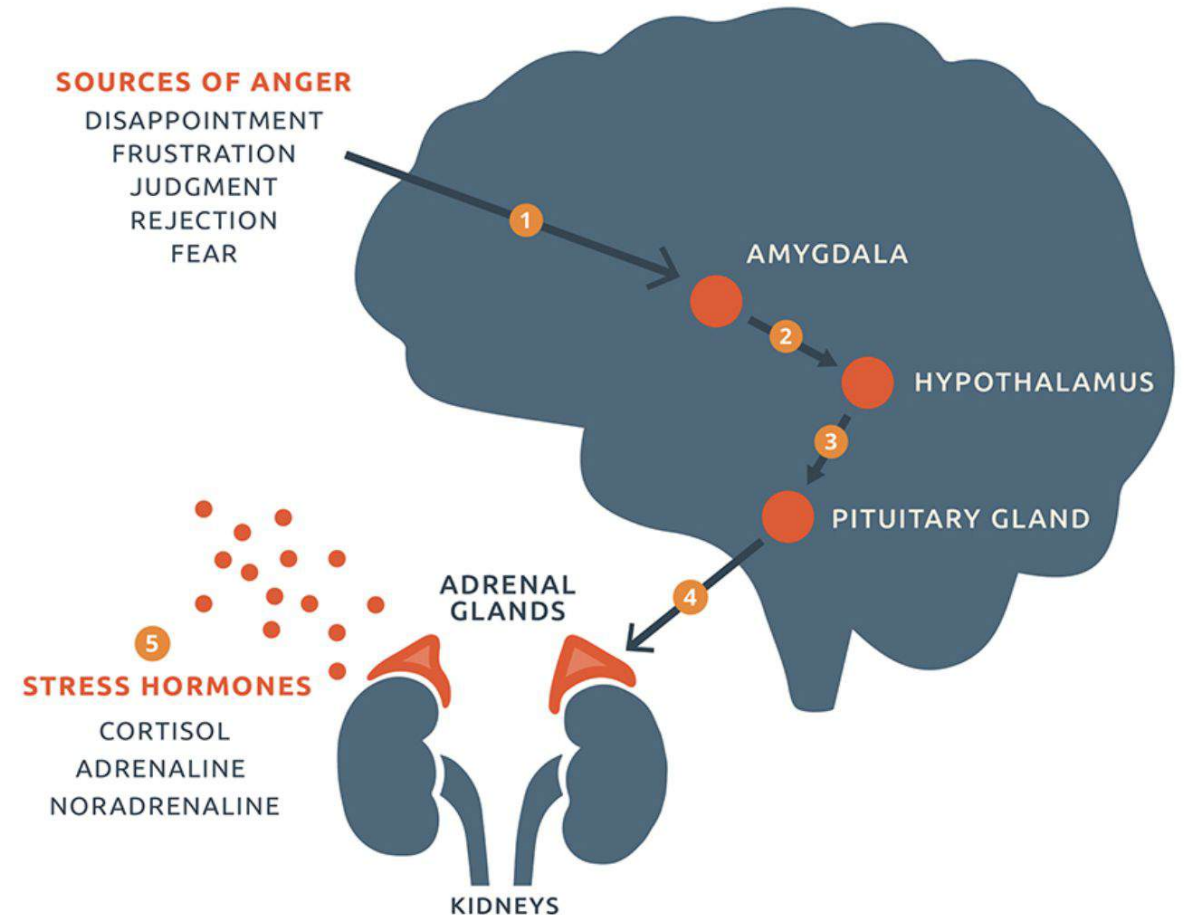
Hypertension

Chronic headache, backache

Chronic inflammation:  
food for many cancers

Social-Emotional Disregulation

Shortened lifespan



**From the field of neuroscience: What fires together wires together**



## Where did we learn our reactions and behaviors?

- Primary: Early family systems
- Relationships
- School, Workplace
- Cultural cues
- Media
- Where else?

The Big Question:  
What can I do?

Reflection:

Consider your own patterns around anger

- What sets you off?
- What are the reactions like?
- What aspects of this would you like to change?

*“The very first and most important step in breaking free from a lifetime of stress reactivity is to be mindful of what is actually happening while it is happening.”*

*~Jon Kabat-Zinn, 2013, Full Catastrophe Living)*

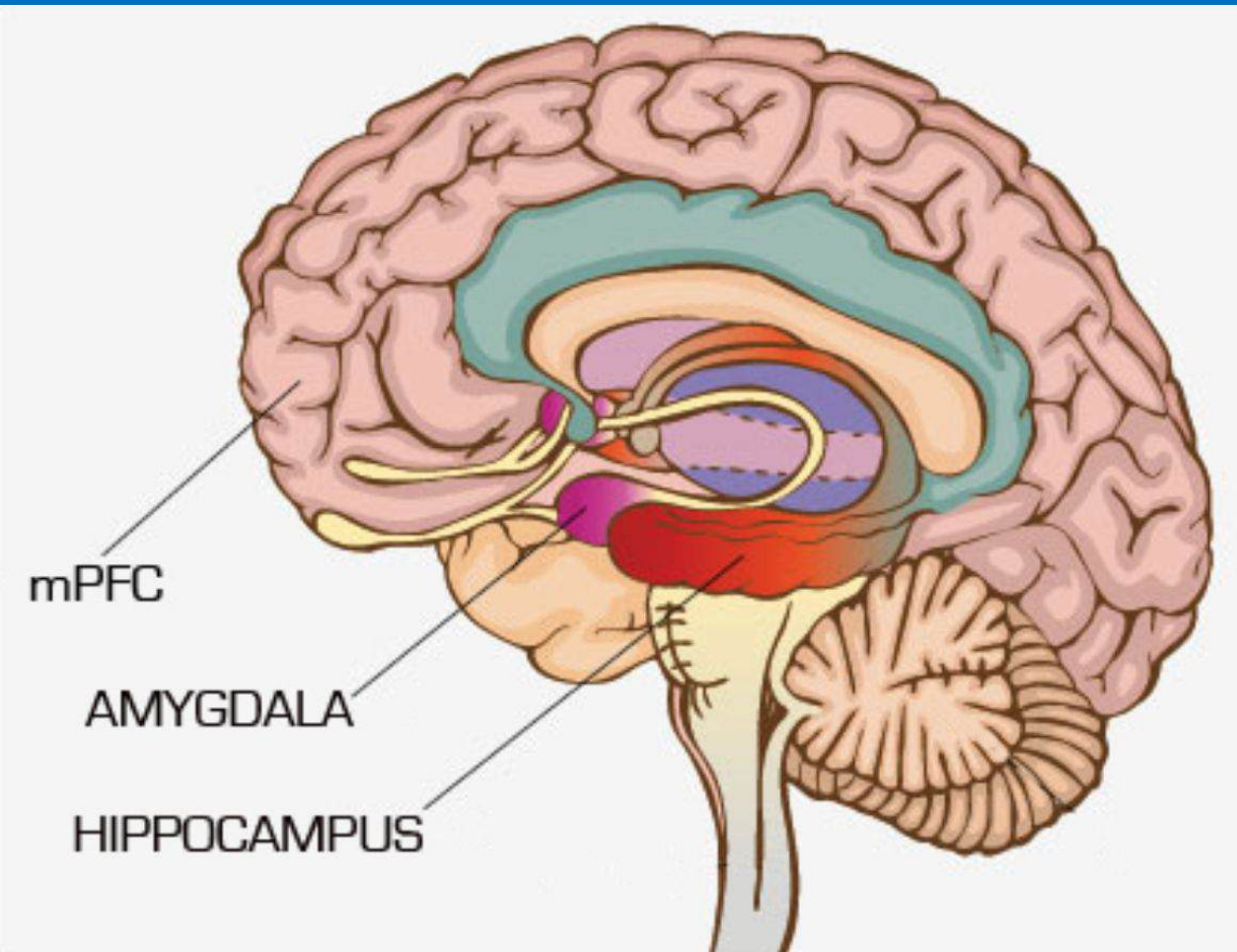




# In the Moment: Breath Awareness and The Power of the Pause

1. Simple awareness of breathing, to settle and connect with yourself
2. Return to the breath again and again, ***to interrupt automatic reactions***
3. Slow down the exhale, to release tension and cultivate calm





Simple awareness of breathing...

...creates brain connectivity from emotion detector to higher intelligence center





What more can I do in a moment of activation?

- For yourself, here and now
- The Power of the Pause
  1. Grounded Feet
  2. The Long Exhale
  3. S.T.O.P.



**S** - Stop  
**T** - Take a Breath  
**O** - Open, Observe  
**P** - Proceed



## What else can I do?

- Build on: Power of the Pause
- To interrupt, re-direct, insert ease
  1. “I need a moment.”
  2. See, Step Back, Release, Re-engage
  3. Check: What Are My Options?

Note: Bring in S.T.O.P, Grounded Feet and Long Exhale often and whenever needed



## What more can I do?

- Practice the Six Steps of Insight Dialogue
  1. Pause
  2. Relax
  3. Open
  4. Trust emergence
  5. Listen Deeply
  6. Speak the Truth

From **Insight Dialogue**, Gregory Kramer



## What more can I do?

- Work with the four of components of Nonviolent Communication
  1. Observations
  2. Feelings
  3. Needs
  4. Requests

From **Nonviolent  
Communication**

Marshall B. Rosenberg, PhD



Anything else I can do?

- Ask: How would you like me to listen?
- Consider: What do you honestly want? What do they honestly want?
- Discover: the latitude and creativity outside of two hardened positions



## What can I ultimately do?

- For the long haul, mindful awareness and cognitive behavioral training
  - Reflect: History, Context, Value
  - Problem- versus Emotion-Focused Coping
  - Healing Attitudes

Let's take a few breaths together







## Remember:

- Harmful anger is learned; it can be unlearned
- New options will interrupt old habits
- Find ways that specifically help you bring your "best self" to moments of irritation and anger

# Thank you!

## Contact

**Margaret Fletcher**

For general questions:

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About MBSR:

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[www.eastcoastmindfulness.com](http://www.eastcoastmindfulness.com)



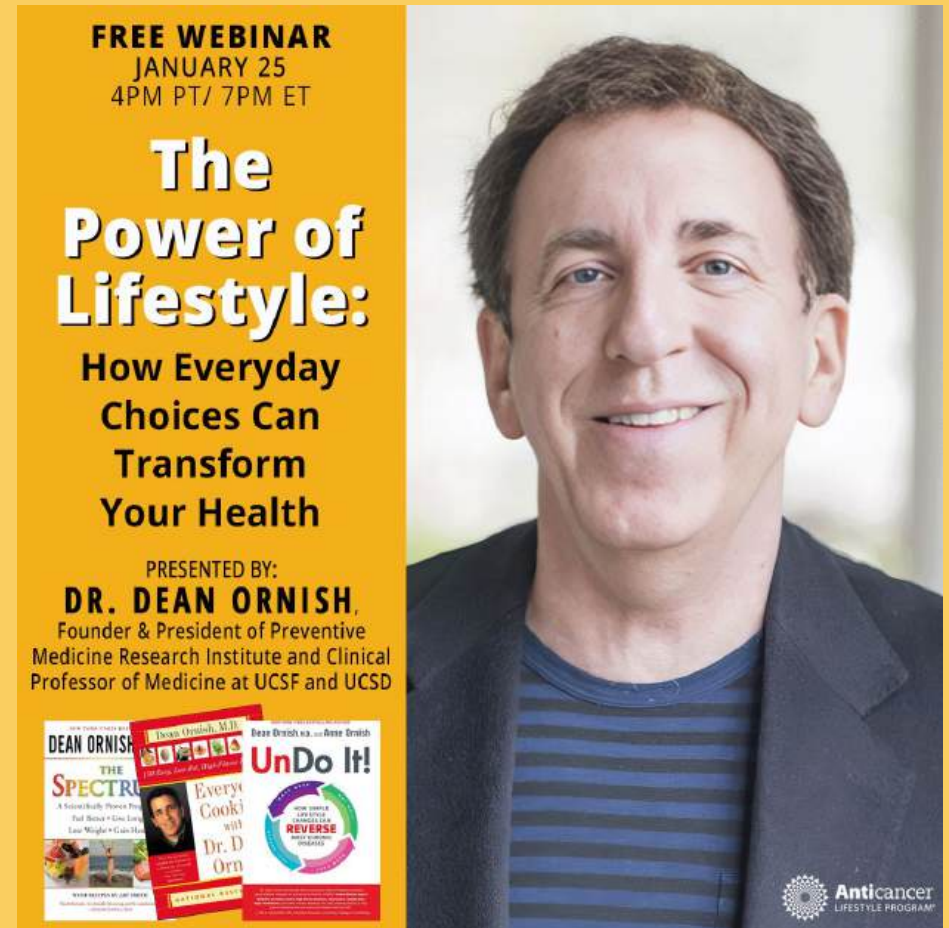
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On the survey page, you'll find links to:

- **Sign up for our next webinar:** Toxic Textiles - What's In Your Closet?
- **Download free resources** like our Online Course, eBooks, and webinars
- **Join our private Facebook community** to connect with other Anticancer Lifestyle Program members and find support with peers.

For more information, visit us at [anticancerlifestyle.org](https://anticancerlifestyle.org) and contact us at [info@anticancerlifestyle.org](mailto:info@anticancerlifestyle.org)


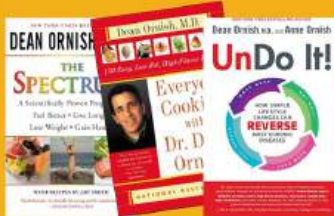


**FREE WEBINAR**  
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**How Everyday Choices Can Transform Your Health**

PRESENTED BY:  
**DR. DEAN ORNISH,**  
Founder & President of Preventive Medicine Research Institute and Clinical Professor of Medicine at UCSF and UCSD



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**Time for questions!**