

Anger management



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Running head: ANGER MANAGEMENT Anger management Insert Insert Grade

Insert 6 June Outline Introduction ADA (Americans with Disabilities Act)

Conclusion Anger management Anger refers to a strong emotional feeling characterized by antagonism towards someone or something. It is built within a person's nervous system involving the body and the mind, whereby the mind decides the person's response, and the physical changes prepare the body for action to be taken. Anger can be managed, and not cured, resulting in the emotions being either useful or harmful. There are several factors that influence effects of anger to a person; these include race, sex, cultural and family background, and age. Anger is a two-sided emotion that may be beneficial to an individual (constructive anger) by warning of expected problems, at the same time bring harm (Peacock, Stutman and London, 2000). ADA Americans with Disabilities Act is a civil rights legislation policy that contains stipulated actions concerning the accommodation of individuals possessing any kind of disability in terms of access to judicial system, services, programs, and activities. In this scenario, John can use the ADA to assist him in the circumstances facing his employment. Both anger and emotional swings affecting John are due to the bipolar disorder, which is a mental disability. Such forms of disability are described within the ADA policy to hold ground in any given situation at the workplace, as it appears under the request for accommodation in court proceedings section of the ADA, and this section describes qualified individuals with disabilities. With the evidence from the psychiatrist concerning John's condition, and the subsequent treatment, there is enough prove that truly John has a mental disability or disorder, which results in mood swing causing negative anger that provokes him to threaten others with violence. The ADA has stipulations

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describing hiring, advancement, and the overall discharge, as well as guidelines for medical examinations for the affected individuals. In this case, John has a provision for medical examination which will prove his condition to be genuine, and thereafter the required proceedings that will ensure his job security. Also the ADA covers all public accommodations except clubs and religious organizations, hence where John works falls under the coverage of the legislation policy. John's status is provided for by the ADA legislation policy, and this means that such provision will enable him to file any case against him in court, including his job and be reinstated back to the job, after the prove of his calm condition by the psychiatrist, and therefore will be able to get back his job, or be given a modified one. Given that, the policy provides room for modifications and changes to be made on the procedures and practices to the qualified individuals with disabilities (Fagan, 1996). Any further information concerning John's condition would include the duration of the disorder, information concerning the level of seriousness of such conditions, and the immediate remedial measures to be undertaken by every individual working with John should the anger arise, in order to minimize the risks involved. This kind of information should be provided by the attending psychiatrist. Conclusion Anger is an emotional feeling that arises due to both external and internal factors that tend to influence the body and mind. Anger can be effectively managed to minimize both negative and positive outcomes. Individuals with such disabilities and disorders are protected by the American with Disabilities Act which shields them from a variety of discriminations from the society in terms of employment, public accommodation, state and local government operations. References Peacock, J., Stutman, S. and London, M. (2000). Anger Management. <https://assignbuster.com/anger-management-essay-samples/>

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