



## What Happens When Anger Takes Over and What We Can Do Instead

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When communities experience loss, betrayal, or sudden change, anger is a natural response. When businesses close it's not just an economic event; it is an emotional one. For many families, it meant lost livelihoods, broken routines, and a sense that decisions were made far away by people who would never feel the consequences. In moments like these, the urge for revenge, blame, or "getting even" can feel justified. But science tells us something important: revenge rarely heals what anger breaks.

### Why Revenge Is Addictive

Revenge doesn't just feel emotional — it's chemical. When we imagine or act on revenge, the brain releases dopamine, the same neurotransmitter involved in addiction, gambling, and social media engagement. That surge creates a temporary sense of power, control, and relief.

But like any addictive loop, the effect fades quickly. The brain then seeks another "hit," which often means more outrage, more blame, more conflict. Over

time, this conditions the mind to crave anger as stimulation, trapping people and communities in cycles of resentment and escalation.

In simple terms: revenge rewards the brain short-term and drains the soul long-term.

### Anger Is Not the Enemy — Suppression Is

Anger itself isn't bad. It's a signal that something matters. What harms us is either exploding outward or stuffing it down until it turns into bitterness, burnout, or depression.

Psychologists describe healthy anger processing as having three stages:

1. Acknowledge it — "This hurts. I feel angry."
2. Understand it — What value was violated? Security? Fairness? Respect?
3. Redirect it — Channel that energy toward something constructive.

### From Closure to Collective Healing

Anger often turns inward or sideways, toward neighbors, institutions, or social media arguments. That fragmentation benefits no one. What actually rebuilds resilience is shared meaning and forward momentum.

This can look like:

- Supporting retraining and local job initiatives
- Preserving community identity through storytelling and history
- Advocating for fair transition policies instead of personal retaliation
- Turning frustration into civic action rather than personal attacks

### How to Deal with Dark Thoughts When They Show Up

When revenge fantasies or intense anger surface, try this science-backed approach:

- Pause the body first — Slow breathing (4 seconds in, 6 seconds out) calms the nervous system.
- Name the emotion — Simply labeling "anger" or "grief" reduces intensity.
- Ask the better question — Instead of "Who's to blame?" try "What would actually help me heal?"
- Limit outrage fuel — Doom scrolling and rage-based content amplify stress and distort reality.

### Choosing Strength Over Satisfaction

True strength isn't found in retaliation — it's found in refusing to let loss define our future. Communities that recover best aren't the ones that suppress anger, they are the ones that transform it into purpose.

Anger can burn bridges. Or it can light the way forward. The choice, collectively and individually, still belongs to us. 🌱





# Protecting Your Knees

By Dr. Delia Roberts

The knee is an amazing and essential joint. Its ability to fully bend and extend under high loads makes walking and running, stepping up onto and off of stairs, and the ability to get down onto the floor and back up again possible. But while its shallow design enables this wide range of movement, it also leaves the knee vulnerable to injury. Workers in the many jobs in forestry require walking through uneven terrain with many hazards are especially susceptible to strains and sprains of the knee. The high level of risk is reflected in that knee injuries account for 12% of all WorkSafeBC claims in the forestry sector, and most of us have had sore knees at one time or another. Unfortunately, once an injury has occurred many of the structures in the knee joint do not repair well. Ligaments, tendons and cartilage are not directly supplied with blood, which means that once they are damaged, they have a very limited ability to repair themselves. This makes prevention key to pain free movement.

A quick look at the anatomy of the knee shows how the joint depends on the ligaments (attach bone to bone) and tendons (attach muscle to bone) to hold the joint together. The ligaments have very high tensile strength in the direction of their fibres, but they are passive

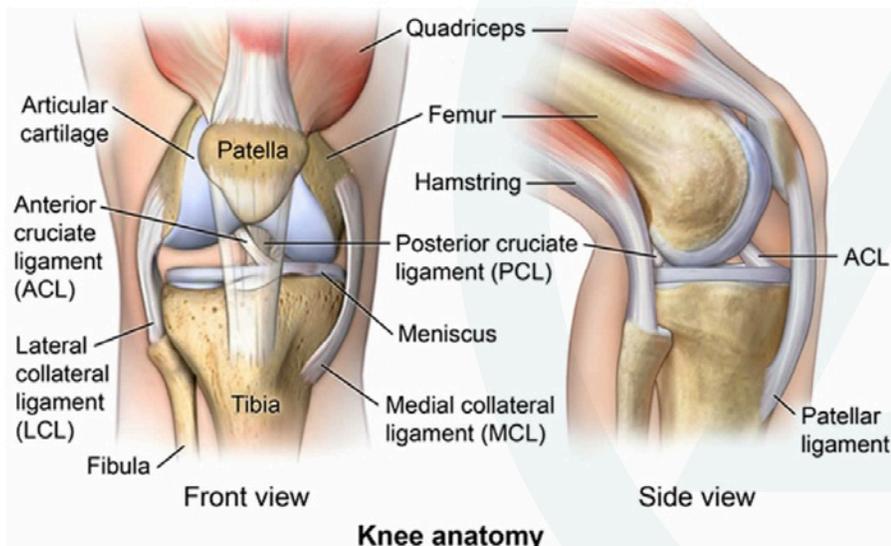
structures. In contrast, the muscles that are attached to the tendons can contract to provide additional stability to the joint. Sensory neurons in the surrounding tissues and joint capsule provide feedback on tension and pressure within the joint, connecting directly back to the adjacent muscles. When the system is healthy, as soon as the forces experienced by the joint change, the surrounding muscles respond within milliseconds to minimize the stress on the joint. Unfortunately, these reflexes can become impaired, and when they do, the risk of injury goes up. Without a strong framework of surrounding muscle, the joint is subject to much higher forces and can result in damage to ligament and cartilage.

Maintaining healthy knees starts with movement. If your job is largely sedentary, the fluid inside the joint (called synovial fluid) doesn't circulate because it requires cycles of compression and unloading to refresh tissues like cartilage and ligament that do not have a blood supply. It's another reason to get up from your desk or out of your machine regularly for short movement breaks.

Another basic element that can have a big impact on the health of your knees is your posture. When habit or culture leaves us slouching, it changes where the center of gravity falls and hence the loading on all our joints. Tissues like ligament and cartilage are designed for force to be distributed in specific directions, and when posture shifts the axis of load it can damage joint structures. Ligaments are not as strong when faced with shear forces, and cartilage requires mechanical force in a specific axis to maintain its biochemical health. Taking a few minutes to stand tall and make sure that your shoulders are over your hips and your pelvis is not tipped forward or back can go a long way towards maintaining knee health. Do it every time you stand up, come to the end of a row, or pause during a task that requires an awkward posture. Your knees (and your back) will thank you.

Increased stress on the knees can also be caused by weak muscles or altered muscle recruitment patterns. This can happen from disuse, or a previous injury where the body tries to protect a weaker muscle and ends up transferring the work onto a muscle that isn't designed for that movement. The following exercises strengthen the important muscles that determine the way load is distributed on the knee joint, but another important benefit from them is that they help to re-establish the reflexes that engage the muscles when load is applied to the joint. Do them at least twice a week, choosing 3 - 4 of the exercises each time. Rotate through the different exercises so that eventually you do all of them.

Begin each session by standing tall, making sure your shoulders are over your hips and your pelvis is level. It's important to make sure that you maintain good posture throughout because you are practicing loading the knee joint in a safe position. Start with 10 repetitions on each side, working up to 20, and if you want to make them harder consider wearing a weighted pack or vest, or doing them in your heavy boots. You don't have to do your chosen 4 all at once, you can spread them out over your day, they work just as well if you do them in short bursts.



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1. **Step ups:** Step up onto a sturdy surface beginning with a shin high step and working up to above the knee height. Step straight up, do not pump the knee of the free leg for upward momentum as is done in CrossFit. Instead control the movement up and down.
2. **Walking lunges:** Step out in the forward direction and lower down until your knees are at 90 degrees. Keep the front knee aligned with your foot and hip, don't let the knee fall in towards the middle. Make it harder by carrying a heavy object in one hand or rotating the upper body to the side. Pull the back leg through and step out again with the other leg.
3. **Squats:** Drop your butt down backwards as through you are going to sit down, making sure that your hips, knees and feet are all in a line. If you can't get down very low try placing a small lift under your heels. If this is too easy, do one leg at a time
4. **Side steps;** From your squat position, step out to the side, staying low the whole time. Make it harder by using a loop of elastic banding or a bungee cord around your ankles.
5. **Step downs:** Face outward on a step and lower your heel to just touch the ground. Make sure to keep your hips level, don't let the hip of the free leg drop. It's also important to make sure that the knee of the supporting leg stays aligned with your hip and foot, do not let it drop into the middle. Use the railing for balance until you can maintain your form.
6. **Star touch:** Stand on one leg with good posture and reach the toe of the free leg out to the side, barely touch the ground before bringing the free leg back in and reaching out to the front, then to the back, and finally the corners so that you complete a star shape. If you're wobbling, touch a finger to a solid structure to provide a little support until you build up the strength and balance needed.
7. **Skater's slides:** Skate from side to side in socks on a slippery floor. Push down into the floor and out to the side before bringing the leg back to center and switching sides.
8. **Single leg RDL:** With your weight on one leg raise the other leg up to the back. Imagine that your body and the lifted leg are a solid unit so that your upper body has to tip forward as your leg rises to the back. Hips stay square facing the front and the hinge point is the hip of the supporting leg. Use a hand on the wall for support until your balance is good enough to let you stand free.
9. **Bulgarian squat:** With one foot supported on a chair behind you and the other foot a full leg length out in front lower down into a split squat position. Keep your hips forward and square, your weight should shift down between your legs as you lower and then back up onto the front leg as you rise back up.
10. **Resisted side leg raises:** Use an elastic band, bungee cord or inner tube to anchor your ankle to a solid support. Step away from the support until there is a little tension on the band and then try to raise the tethered leg out to the side away from the support, then resist the elastic as it pulls your leg back to center. If you are sitting inside your machine, you can make this an isometric exercise by pushing your foot outward against the sides of the foot well.
11. **Resisted hamstring curls:** With the same elastic tether as for the resisted side leg raises (exercise # 10) turn and face toward the tether. Step back until there is tension on the banding, keeping it below your ankle bones. Bend your knee as you pull your heel backwards, then resist the elastic as it pulls your leg forward to your starting position.
12. **Inner thigh squeezes:** These are best done with something like a soccer ball, but anything will work. If you're using something rigid, wrap it in a sweater to soften the margins. Place the ball between your knees and squeeze inward for 30 seconds.
13. **Heel raises:** Stand facing inward on a stair so that your heels hang off the edge. Use the railing for balance as needed. Raise up on your tippy toes and then lower down to past the horizontal so that your heels drop down as low as possible. Then push up through your feet back to your tippy toes. Make it harder by doing them one leg at a time.
14. **Toe raises:** Lean back against a wall with your legs straight. Your feet should be about 1 foot length out away from the wall. Lift your toes and then lower them back down to the ground.

For more information: [Desperate Planter's Knee Maintenance Program](#) 🌱

### Good knee position



*Best, knee is stacked over toe and low back is in neutral*

### Poor knee position



*Poor posture causing knee and back problems*