



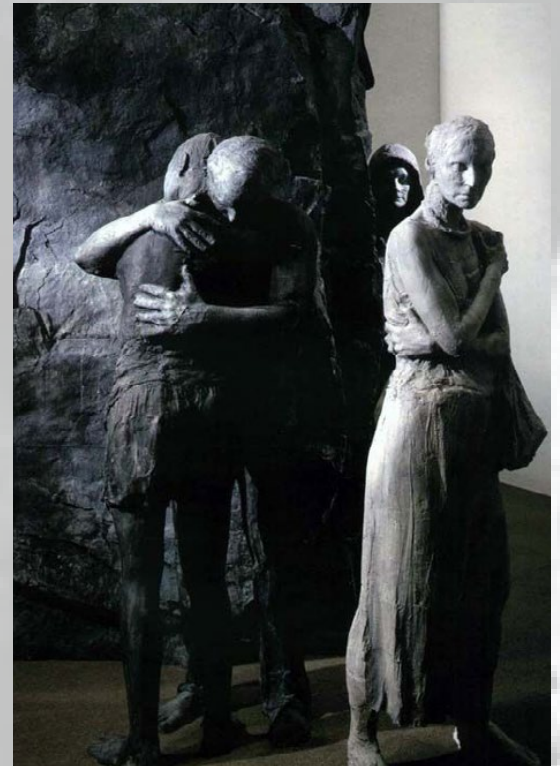
Wellbeing

Forgiving & Anger

Lifting our gaze...

Wellbeing. It's about the whole of us and all us. When was the last time you really noticed something? Noticing nature, something beautiful or the unusual is really important for lifting our gaze. The coronavirus pandemic has made us view things differently – things are no longer as they were, we may not have seen some friends or members of our family. We have all faced disruption to our routines, perhaps we have felt frustrated and angry with our current situation, or even anger at other people.

This sculpture, by the artist George Segal, is beautiful, unusual and perhaps unsettling. It captures a fleeting moment. It's a snapshot, an interpretation of an old, complex, and difficult story about a father called Abraham saying goodbye to his son Ishmael. In the story there is complexity, pain, disappointment, regret, and anger. But there is also hope and forgiveness.



There is often a link between anger and forgiveness.

Being angry against someone is not helpful for us, not good for our wellbeing – it can cause anxiety, lack of sleep and even shorten our life. Yet, lifting our gaze and embracing forgiveness helps us let go of regret and revenge. It helps us feel less aggressive, angry, or upset about the experience. It doesn't mean forgetting the thing that happened or condoning the act that caused harm. Forgiveness is a process, but in the end it's much better for us and our wellbeing.

It's an interesting piece of sculpture isn't?

You could spend some time gazing, noticing, thinking and reflecting . . .

- How does it make you feel?
- What questions do you have?
- Who do you notice, which character relates to you the most?
- Which character or what frustrates you?

Thinking more personally:

- How can you learn more about those people whom you find difficult or don't understand?
- What might you notice about another person's situation or story, especially if they have made you angry?
- Do you need to think more about the relationship between anger and forgiveness?
- How can you practice forgiveness?

Going deeper: Articles and advice you might find helpful!

[NHS - Controlling and managing anger](#)

[Huffington Post - Health benefits of forgiveness](#)

[Berkeley - The science of forgiveness](#)

[PHS - Art that turns life inside out](#)