



San Antonio Alamo Area Local Legislative Updates



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Election 2016: Are You Angry Enough To Do Good?

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Are you angry about Election 2016? Have all the debates—between coworkers at the water cooler, your family members & friends at dinner, and social media—made you want to throw the nearest potted plant at the television/ overturn the water cooler/ permanently disconnect your Internet service? Are you sick of all the online and real-life arguing, complaining anger, angst, division, strife, contention? Have you just had it up to Here, HERE and HERE with negativity?

If so, this is for you... but only if you want to stop the insanity.

I propose we get **ANGRY ENOUGH TO DO GOOD.**

Last week I got trapped in an elevator with a stranger who forced his political opinions on me for 114 floors. (It might have only been 11, but it felt like 114.) When I got off the elevator I was so angry about the verbal assault that I wasn't feeling particularly chatty when an older gentleman noticed the yoga mat in my bag.

"I've always wanted to try me some yoga," he said, "but I never did 'cause I never had a mat."

Still bothered by the sneer on Elevator Dude's face, I was angry enough that I had to do something.

Usually, my something would have been calling a friend to vent, or complaining about the encounter on social media, but not that day. That day I decided I was angry enough to do good. I looked at my mat. I looked at the man.

I decided I was angry enough to give away my yoga mat.

I told the man, "Why don't you take this one?" He was shocked and absolutely delighted. He gave me the most beautifully wrinkled grin: the kind of smile that was the exact polar opposite of Elevator Dude, the kind of smile that melted my heart and all my anger.

Anger is energy, very powerful energy. And if I could take the wildly explosive, tremendously combustible energy of my anger, and turn it into good... couldn't everyone?

What if we could harness our collective angry energy and use it for good?

What if we could turn our complaining into caring, our arguing into listening, our drama into doing? What if we could take that lit match of our anger and use it to start a wildfire of kindness?

Change doesn't have to be as drastic to make a difference: Every time we hear an insult hurled, we can make a point to say a kind word to the next person we see. Each time we are disgusted by a statement, we can encourage a friend in need. When groups we care about are discounted or dismissed, we can reach out to volunteer on their behalf.

If an issue makes our blood boil, we can look around for the nearest person to smile at, and then promptly go find a way to help:

Angry about education? Find a place to teach an adult to read.

Angry about immigration? Look for a local charity that helps foreign families.

Angry about healthcare? Ask if an elderly neighbor needs a ride to the doctor.

REALLY angry? Turn around and buy coffee for a stranger.

Donate to a local charity that makes our community better. And if you happen to end up trapped in an elevator with a self-appointed political evangelist? Give away your yoga mat.

If you're going to be angry about Election 2016, **GET ANGRY ENOUGH TO DO GOOD.**

