

Keep your cool with wrong hand

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Yahoo! India:

People who find it difficult to rein in their aggression and yell at others even for silly mistakes can benefit by simply using the wrong hand in daily life and thereby practice self control, suggests a study.

According to Thomas Denson of the University of New South Wales, right handers should get into the habit of using a computer mouse, stirring a cup of coffee or opening a door with their left hand and left-handers should do the opposite, the Daily Mail reported.

Training yourself to use the wrong hand seems to act as practice for other kinds of self control, such as being polite. Just two weeks of the exercises reduce the tendency to act on impulse, he says.

“Using the mouse, stirring your coffee, opening doors. This requires people to practice self control because their habitual tendency is to use their dominant hands,” he said.

Read the whole story: [Yahoo! India](#)