

# Ways of Managing Anger

## What is anger?

Anger is an important feeling though sometimes it can be hard to cope with, especially if it gets you into trouble and you can behave in a way you might regret later.

## Symptoms of anger issues:

- Physically hurting yourself or other people
- Shouting at other people
- Mixing with people who get you into trouble
- Breaking or throwing things
- Feeling like you have 'lost control'
- Deliberately trying to wind other people up
- Ignoring people on purpose



When we get angry, the hormone called 'adrenalin' makes our teeth clench and our shoulders tense. You may feel your heart pump faster, your stomach might churn, your fists may clench and muscles tense. These are natural reactions and can be useful signals to warn us when we are getting worked up.

Anger can also leave you feeling really bad about yourself

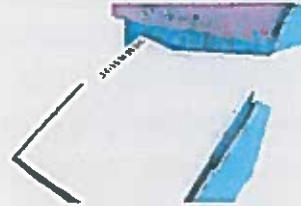


## What can help?

The following are ways in which feelings of frustration and upset can be channelled before these feelings turn into full blown anger.

Which of the following do you think you can try?

- 1) Let people know when you are upset or frustrated. This will let them know you need some space.
- 2) Ask for time out to give time and space to cool down (this could be in your bedroom if this space helps you)
- 3) Keep a journal/write down your feelings
- 4) Use to strategies to get rid of some of this anger and bring your adrenaline levels down. These could include...



- Intense physical exercise
- Screaming into or punching a pillow
- Focus on an 'empty chair' whilst on your own. Pretend the person you are angry with is sitting across the room from you. Tell them what is on your mind, what they have done to make you angry (out loud or silently, whatever you prefer).
- Can you think of anything else you think might help you?

- 5) Discuss your problems with someone you trust as often other issues are the root cause of people's anger and you may feel better after discussing them.



- 6) Feeling not listened to can make us angry. When calm try and talk to the person who is making you angry if possible. Make sure you listen to their point of view and as well as putting yours across.

## Relaxing

Learning to manage anger can be a really difficult task and sometimes you will need lots of support with this.

If you are feeling yourself becoming stressed or angry, relaxation may help prevent the anger feelings becoming problematic.

You could try the following to help you relax....



- Go for a walk
- Listen to music
- Take deep breaths
- Progressive muscle relaxation
- Visualization
- Exercise/stretching
- Get a hug from a safe person
- Laugh (watch a funny cartoon, share jokes with a friend, makes silly faces with each other)
- Have a relaxing bath or shower
- Do something you enjoy such as reading, craft, painting, playing computer games to take your mind off it

Remember, sometimes feelings can get too big for everyone so don't be afraid to ask for support from safe people around you!

