

Anger self help Pack

What is anger?

Anger is a normal human emotion – we all might feel angry at some point. It is a physical and emotional response to a threat. Anger can take many different forms such as rage, resentment or feeling upset.

All emotions or feelings that we feel have good and bad points. If you have a good reason to feel angry eg- if someone has hurt you, then it is ok to feel this way. However sometimes feeling angry can make some people aggressive – this is not ok. But there are things you can do to help you with deal with it.

What happens when you feel angry?

Anger affects us in different ways. It can affect how we feel, our bodies and our behaviour.

How you might FEEL

Angry thoughts
Upset
Frustrated
Irritable
Confused

How your BODY might feel

Sweating
Heart racing
Breathing heavily
Feeling hot
Muscles tense up
You can't think straight
Shaking

How you might BEHAVE

Shout
Hit
Use dramatic words
Break things
Lose control
Argue
Cry
Nothing – Bottle it up
Throw something

What causes us to get angry?

There can be many reasons why we feel angry – Here are a few examples

- Feeling hurt
- Being shown up in front of other people
- Things feeling unjust or unfair
- Feeling misunderstood
- Feeling let down
- Feeling under pressure
- Feeling rejected or lonely
- Having to do something you don't want to do
- Things not going as planned
- Upsetting experiences – family divorce, death, illness

What to do when you feel angry

Top tips to help you when you feel angry

- Count to ten before responding
- Give yourself some time to think and calm down – Is this worth getting angry about? Why is this making me so angry?
- Breathe in and out slowly – take deep, slow breaths
- Distract yourself – listen to some music, read a magazine, talk to a friend
- Imagine yourself in a relaxing scene
- Use a stress ball – carefully clench and release slowly
- Use calming statements in your head – “Calm down”, “Let's forget it” or anything else that you think works best for you
- Leave the situation if you can
- Hit a pillow

How to feel calmer

- Go for a walk
- Listen to some music
- Take a nice long hot bath
- Imagine yourself in a relaxing scene
- Drawing
- Writing your thoughts down on a piece of paper
- Exercise- running, cycling, walking the dog
- Read a book or magazine
- Talk to someone – a friend or family member

How can I get more help?

If you are worried about your anger going to your GP is a good place to start. They will be able to direct you to someone who might be able to help you. It is important that if your anger is distressing you to go to speak to someone straight away. You can also talk to someone you can trust such as

- Family member
- CAMHS staff
- Close friend
- Teacher
- School nurse
- School counsellor
- Mentor

Websites

- www.mind.org.uk
- <http://www.mentalhealth.org.uk/>
- www.youngminds.org.uk

(For fact sheets and mental health information)

Help Lines

ChildLine- ChildLine is the UK's free confidential helpline for children and young people

Helpline: 0800 1111

Textphone: 0800 400 222

Website: www.childline.org.uk