



LEARNING SPACE

Anger

Anger is a natural response when we feel threatened, attacked, frustrated or treated unfairly.

It is not always a 'bad' emotion as it can help us identify things that are hurting us or causing problems.

Anger becomes a problem when:

- It causes destructive or unhelpful behaviour
- It has a negative impact on your mental and/or physical health
- It hurts or upsets others around you

Physical Symptoms

- Heart beating fast
- Breathing quicker
- Tensing muscles
- Clenching jaw or fists
- Tapping feet, getting restless
- Lump in throat
- Shaking
- Sweating
- Eyes – narrow vision

By recognising these symptoms early you can learn to calm yourself before getting aggressive.

Short Term Coping

When you feel yourself getting angry:

- Count to 10
- Remove yourself from the situation to calm down
- Go for a short walk
- Talk to someone you trust who is not involved in the situation
- Tear up a newspaper, hit a pillow
- Focus on breathing
- Relax your body
- Try mindfulness techniques



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Prevent

- Learn your triggers
- Calm down using coping strategies

Prepare

- Examine your thought patterns; can you interpret the situation differently?
- Learn to communicate your feelings effectively

Continue

- Practice calming techniques
- Make lifestyle changes – eat well, sleep well and be active

Useful Contacts and Websites:

Mind Charity: www.mind.org.uk

Rethink Mental Illness: www.rethink.org

NHS: www.nhs.uk/conditions/stress-anxiety-depression/pagescontrolling-anger.aspx

Kooth: www.kooth.com

Young Minds: www.youngminds.org.uk