

Anger

We all experience feelings of anger or rage from time to time - this can range from feeling mildly irritated (by a person, situation or event) to feeling completely overcome with intense rage.

Anger is often a completely normal reaction to an unpleasant situation - it communicates to us that we may feel disrespected, uncomfortable or our boundaries have been overstepped.

The problem is when we feel that our anger is in control of us rather than us being in control of it.

Things to look out for:

- Feeling angry every day
- Your anger getting in the way of day to day activities
- Feeling out of control
- Lashing out at people, objects or pets when angry
- Causing damage to important and valued relationships with those around you

Mental HEALTH

Top tip:

Spot the signs early - the sooner you can notice your anger bubbling up, the more effective any strategies will be

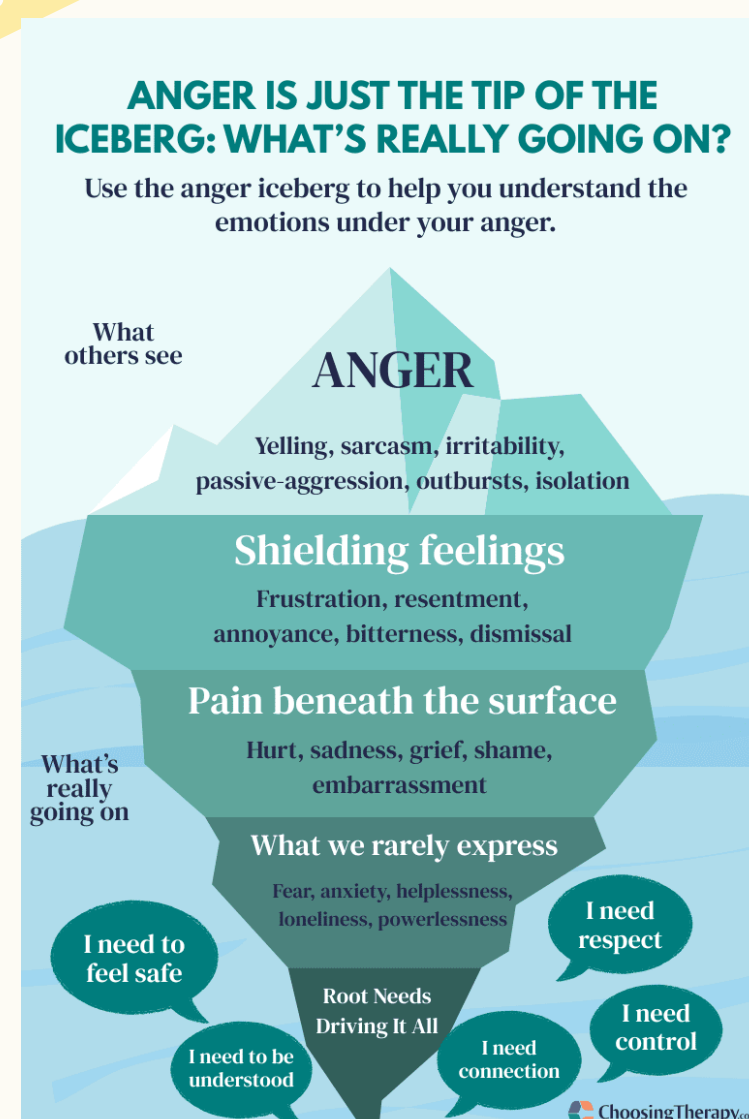
Early Warning Signs

Each person's early warning signs of anger taking control will be different!

Some people may feel like they get very hot, or feel like a coiled spring. For others they may cry or feel like they want to get/run away.

Noticing how anger feels for you in the moment and working backwards can help you to understand what your anger looks like, feels like and thinks like.

Writing down or talking about triggers for your anger can also help you to understand it better and take back that control.



Coping Strategies

- Take a walk, in the cold fresh air if possible
- Take ten long, slow deep breaths
- Do a big stretch, push against a wall, or squeeze something really hard
- Seek out someone who makes you feel safe and calm

Often Anger is what we refer to as an “iceberg emotion” - it pops up to protect us from a more painful or upsetting reaction such as betrayal or loneliness. If we can name and talk about the feeling underneath, the anger won't need to protect us anymore - this is how support like counselling can help.

For more information or support with any of the issues on this fact sheet, speak to a trusted adult.

www.youngminds.org.uk/young-person/my-feelings/anger/
www.mind.org.uk/for-young-people/feelings-and-experiences/tips-for-managing-anger/