

Tips on coping with feelings of anger

It is important to note that anger is a feeling that is not always bad. Anger is a normal emotion that everyone feels. Anger becomes an unhealthy emotion when it is not managed and causes you to act irrationally.

Causes of anger

Anything can cause anger, because it is different for everyone. Some examples of what could cause someone to get angry include (but are not limited to)

- School – teachers not understanding you or school work being too difficult might cause you to get angry. Anger can also be caused by stress, frustration or other emotions.
- Home – not getting your own way or arguments with family members might cause you to feel frustrated and get angry.
- Friendships – friends leaving you out or not helping you could make you feel angry. Changes can also lead to anger, whether that be changes in friend groups, classes or physical changes.

How to tell if you're angry (What happens when you're angry?)

Here are a few signs that might suggest that you are starting to feel angry. There are many other signs that might show this, but some of the signs may go unnoticed. Sometimes, people can get angry quickly and notice these signs too late.

- Fast breathing
- Feeling annoyed
- Over-reacting
- Swearing

What you can do if you're angry

Ask for help:

Talk to a professional – you can talk to us, another service, a teacher or doctor. If a teacher knows how you are feeling they might be able to give you extra support at school. It can be hard to open up about how you are feeling but it is good for you to reach out for help. Try and be honest about your feelings and get support so that you can cope with your feelings of anger and control them. You can look online or speak to your school or doctor about services that are available and different types of help that might be able to support you.

Talk to friends – tell your friends how you are feeling. It is important to talk to people and be there for each other. It is also useful for your friends to understand what is going on and what causes you to get angry. If you can be open about your feelings then people may feel more comfortable talking to you if they have any problems. Also, plan fun activities with them so that you can do something that you enjoy.

Talk to family – tell someone you trust how you are feeling. Speak to a family member so that they know what is happening or you can speak to a neighbor or family friend. The people around you might be able to notice things that make you angry and those close with you may be able to calm you down if they know what is triggering you and what your interests or coping strategies are. If you are receiving help from an organisation then it may be helpful to talk to someone about coping strategies so that they can help you practice them when you start to feel angry.

Managing anger is not about getting rid of feelings of anger, but it is instead about coping with these emotions. It is about learning how to deal with anger in a way that is not bad for you or other people.

Managing your thoughts:

Challenge your thinking patterns – ask yourself why you are feeling angry. Think about the reasons and outcome of your feelings. Try to think of ways to prevent a continuous circle of feeling angry and getting angry. Ask yourself if it is worth being angry about and try and think of a healthy way of letting go of your anger. You can ask for support with this.

Notice warning signs – try noticing what is causing you to feel angry and how you are feeling as you start to feel angry. Write down what it is that has made you angry. It is useful to know what triggers your feelings of anger so that you can manage them.

Exercises to help:

Breathing techniques – count to 10. Breathe in. Hold your breathe. Breathe out. Repeat. This is good to practice. It is hard to remember to o this when you are angry, but if you notice yourself starting to feel angry then take a moment to step back and breathe. This can help you relax and maybe give your some time to think before you become angrier.

Physical exercise – spend time outside, maybe go for a walk or run, or go to the gym or do some boxing. Exercise is good for your body and your mind. If you are feeling angry it could be good to step away from whatever is making you angry and focus your attention on something else. Going for a run in the morning could help you feel happier throughout the day.