

Managing our anger – A B C D E method

Awareness



Notice when your anger starts to build up. The first step is to identify when you're starting to get angry. Think about what you usually do when you start to feel this way. For example, heart beating fast, getting hot, being grumpy.



Breathing

Start doing your deep breathing. Breathe in, breathe out, breathe in, breathe out. Do this slowly 5 times. This will help to calm your body down and give you more time to think about the actions you are going to take next.



Counting

Start to count your breaths. For example, breathe in, breathe out, 1, breathe in, breathe out, 2 etc.



Distance

If these steps haven't helped it might be a good idea to put some space between you and whatever is making you angry. You could leave the room and go and sit in a quiet place until you calm down. It can be helpful to let someone know that this is what you're doing. You could say "I am starting to feel angry, so I am going to go to my room to calm down. Can we talk about this later?"



Express yourself

Once you have calmed down, communicate clearly to the people around you about how you were feeling and what made you feel this way. This can help prevent it from happening again.