



# Managing Anger

Feeling angry is a normal emotion and it can range in intensity from feeling mildly irritated to feeling intense rage.

We all feel angry at times, but the important thing is being able to manage our anger appropriately. We need to recognise when anger is normal and when our anger is becoming a problem that we are having difficulty controlling.

# What are my triggers?

In order to manage anger effectively, we need to be able to identify what triggers us in the first place.

- Keep a journal or an anger log: write down each time you have had an angry outburst and describe what led to that outburst.  
Are there patterns - similar people, places, situations?
- Try to identify which situations are within your control and what things you have no control over. eg being stuck in a traffic jam is something you can't control but it can be avoided.

## Warning signs

Our body responds in a certain way to anger. If you can recognise these responses, they can act as a warning sign to let you know that your anger is getting out of control.

- tightness in the chest
- heart racing
- grinding teeth
- muscles tighten
- clenched fists
- hot and flushed

## Reducing your anger

- Take the heat out of your anger by taking some time out.
- Try some relaxation techniques such as deep breathing or mediation
- Do some physical activity.
- Find something to distract you - listen to some music, read a book



# What can you do to manage your anger better?

- Talk to someone about it - a trusted friend or adult
- Identify what triggers your anger
- Recognise your body's warning signs
- Use techniques to calm down - breathing, timeout
- Positive self talk and thinking - use statements like ' I can handle this', 'I have strategies to help me stay in control', ' I handled the situation well'



# Where to go for help

If you or someone you know are struggling to manage your anger, it is important to seek help. Talking to someone is the first step towards getting help.

You could try talking to your family, friends, GP, a school counsellor, teachers or you could get in touch with any of the organisations below:

- CAMHS (Children & Adolescent Mental health Service)  
[www.oxfordhealth.nhs.uk/camhs/](http://www.oxfordhealth.nhs.uk/camhs/)  
01865 901951
- Kooth  
[www.kooth.com](http://www.kooth.com)
- Young Minds  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



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