

Anger

What is anger?

Anger is one of a range of emotions that we all experience. It's ok and perfectly normal to feel angry about things you have experienced.

Anger helps us to cope with:

- Threats
- Hurt (e.g. if our rights are being violated)
- Frustration (e.g. If we feel our basic needs aren't being met)

Anger can be positive if expressed in the right way. However, anger becomes a problem if it is:

- Displayed frequently
- Interfering with aspects of your life (e.g. relationships, school or work)
- Used as a tool to get what you want
- Displayed aggressively (e.g. fighting, shouting or threatening)
- Turned against yourself
- Buried inside and bottled up



Help and Support

There is lots of help and support available



Although anger is displayed outwardly, other emotions may be hidden beneath the surface. These other feelings—such as sadness, fear, or guilt—might cause a person to feel vulnerable, or they may not have the skills to manage them effectively.



Why do I feel angry?

Everyone feels angry sometimes - and we all have different triggers. You may experience anger in situations where you feel powerless, or frustrated. This could be because of problems at home or school, or if you've fallen out with a friend, or had a break-up with a partner. You might start to feel angry if you feel misunderstood by people around you, like your parents, or if you are confused about your sexuality.

But sometimes, you can feel angry and not know why. This could be the result of lots of stress and different pressures building up around you. Or it could be because of something that happened to you in the past, like neglect or abuse. Recognising the types of situations which trigger your anger is the first step to figuring out what is causing it, and finding a way to make things better. (YoungMinds)

Tips for managing feelings of anger

When you feel angry you can try out different relaxation techniques to help you calm down, such as:

- going for a walk
- listening to music
- taking deep breaths (Breathing exercises)
- doing some exercise
- doing something you enjoy - painting, swimming etc.
- talking to someone about how you are feeling
- playing computer games to take your mind off it
- reading a book
- having a hot bath

Try and understand your anger

If you could see it, what would it look like? Think about the colours, textures and size of the anger. Start to think about where in your body you feel it. How does it let you know it's there? Ask it what it wants. Are there any thoughts you notice appear when you feel angry? Who are you really angry at? Is anger the correct label for how you're feeling, or could it be something else?