

Helpful websites about anger

Here are some websites that have helpful information about anger:

www.youngminds.org.uk/find-help/feelings-and-symptoms/anger?

www.mind.org.uk/information-support/types-of-mental-health-problems/anger/#.WuiGIIWnFus

www.nhs.uk/conditions/stress-anxiety-depression/controlling-anger

www.angermanage.co.uk

Emotional Health Service



Contact

Emotional Health Service

42 York Street, Twickenham TW1 3BW

T: 020 8487 5470

Opening hours:

Monday to Thursday: 8.45am to 5.00pm

Friday: 8.45am to 4.45 pm

W: www.afcinfo.org.uk/emotionalhealthservice

Anger

A leaflet for young people

What is anger?

Anger is a completely normal human emotion. It can arise as a signal to communicate with others and, when expressed healthily, can make us more assertive and less vulnerable. Like many other emotions, anger can get out of control and lead to destructive behaviour. This can have a negative impact on our lives, resulting in problems at work and in our personal relationships. Anger can be triggered by specific people (eg, a peer), events (eg, a traffic jam), memories and worries about personal problems.

Anger can inspire adaptive behaviour, such as aggression, which is necessary for our survival. However, anger can sometimes generalise to circumstances that don't always warrant such an angry response. When anger is expressed in an unhealthy way, it can cause us to do things we regret, resulting in a vicious cycle of shame and more anger. When anger is not expressed at all, it can turn inward, causing hypertension, high blood pressure and/or depression.

Tips to manage your anger

If your anger is out of control, you can employ strategies to manage it. Trying to rid yourself of anger entirely is an unproductive and unrealistic goal. However, by learning to respond differently to enraging situations, you can reduce your anger to a level that is manageable.

As individuals, different things can make us angry. Therefore, it is best to first think about what triggers your anger, and then develop strategies to manage your response to those situations.

Relaxation:

Simple relaxation tools can help you with your anger. When a situation triggers your anger, you may want to try and think of relaxing imagery, count to 10, and focus on taking slow and deep breaths.

Cognitive restructuring:

This is a fancy way of saying 'change how you think'. Often, anger can cause us to think irrational thoughts, such as 'this always happens to me!' or 'everything's ruined!' Instead, try to replace these thoughts with more rational questions like 'how can I solve this problem?', 'was it out of my control?' or 'will getting angry make things better?'

Using black or white language like 'you always do this' or 'this never works' can be unhelpful. Statements such as these are often inaccurate and serve to justify and reinforce your anger.

Converting and redirecting:

You may find it useful to stop thinking about the fact that you are angry and immediately try and think of something positive. Whereas this strategy may be useful for some, there is an element of suppression to this strategy, which can cause anger to turn inward.

Humour:

Making yourself laugh can be a great way to diffuse anger. When you next call one of your peers or teachers a name out of anger, stop to think about what they might look like if they actually were a talking baboon.

Getting help with your anger

If you feel that you need help managing your anger, you can book an appointment with your GP. They may be able to refer you to a local anger management course.

A typical anger management course may involve one-to-one counselling and group work. Cognitive behavioural therapy (CBT) is typically used, but this may vary. Programmes can last from one day to a number of months.