



UNDERSTANDING ANGER



Anger is a natural human emotion that everyone experiences sometimes. It can be part of our body's response to feeling mistreated, wronged, hurt or threatened.

Anger can be related to current problems and events in life, such as arguments with friends or family, school stress or relationship breakdowns. However, sometimes anger can stem from past experiences.

When this is the case, it can be difficult to understand where the anger is coming from. Anger can also be related to other painful emotions that may be more difficult to express, such as sadness, grief, shame, fear, anxiety or confusion.

WHEN ANGER BECOMES A PROBLEM

Anger becomes a problem when it:

- Negatively affects others
- Negatively impacts your physical and emotional wellbeing
- Negatively impacts your life, schoolwork, relationships

WHAT CAN HELP YOUR ANGER

Get to know your anger, It can be really helpful to learn about your anger and what "triggers" it.

- Give your anger a name
- Notice when your anger pops up in day-to-day life
- Make your own Anger Iceberg
- Keep an anger diary – Record each time you feel angry. Include what was going on around you, what lead up to it, what thoughts you had.
- Use an anger thermometer – monitor your anger by rating it from 1-10

THE EFFECTS OF ANGER

Common symptoms and effects of anger

- Outbursts of intense anger, frustration, fury, rage
- Physical sensations: racing heart, tensing muscles, quicker breathing, shaking, tearfulness
- Getting very angry at small things / feeling out of control
- "Lashing out" with aggressive and destructive behaviour
- Anger causes problems at home, in relationships, at school.



COPING STRATEGIES

Coping strategies can help you manage your anger by calming you down and bringing you back to the present moment.

- Notice what triggers your anger
- Write about all your feelings, not just anger
- Grounding Techniques
- Express your anger in a safe way through art, exercise, punching something soft
- Make your own "What I will say to myself" cards
- Relaxation techniques