

TALK
SCRIBBLE
RUN
WRITE
SHOUT
BREATHE
CREATE

Nelson's Journey
Anger Management Tips

Nelson's Journey Anger Management Tips

Nelson's Journey supports children and young people when someone close to them has died. If you have suffered a significant bereavement it is normal to feel angry. This booklet has been designed to give you some tips and ideas on how to help manage your anger, as you are the only person who can control your emotions.

Do you want to get your feelings out safely or do you want to be seen as someone to avoid, as you are too aggressive? We hope this leaflet helps you to look after yourself when anger tries to control you, but if you need more help, do not be afraid to ask.

"When someone close to you dies, you can feel very angry. I felt very angry as I didn't get a chance to say goodbye to my Dad before he died. Don't bottle up your feelings, as there are loads of things you can do to look after yourself. This leaflet gives you some tips to help you when you feel angry."

Joel, aged 14yrs

Feelings

Our feelings are inside us all the time and so we can feel many things at different times, e.g. happy, confused, tired, frustrated, tense, annoyed, worried, sad, especially when someone important in our life has died.

Think about a fizzy drinks bottle – what happens if we shake it up and then open the lid? Everything comes spilling out. Our feelings can explode too so we need to learn how to control them and look after ourselves. What would happen if we shook the fizzy drinks bottle but then opened the lid a little at a time? We would be able to control everything spilling out – it is exactly the same for our emotions.



Top 10 Tips to get your anger out safely

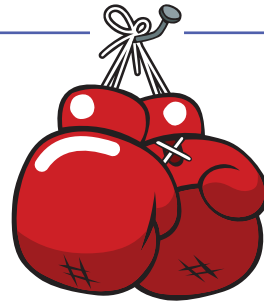
When you feel angry, try to stop yourself getting hurt or hurting others. Take your anger out on something else, which helps you calm down safely. Here are some ideas for you...

1. Tell people

People may not know why you feel angry, so get used to saying "I'm angry because...". This helps you (and others) recognise what is making you feel this way. Once you know what makes you angry, you (and those who care for you) can take steps to help you feel more calm.

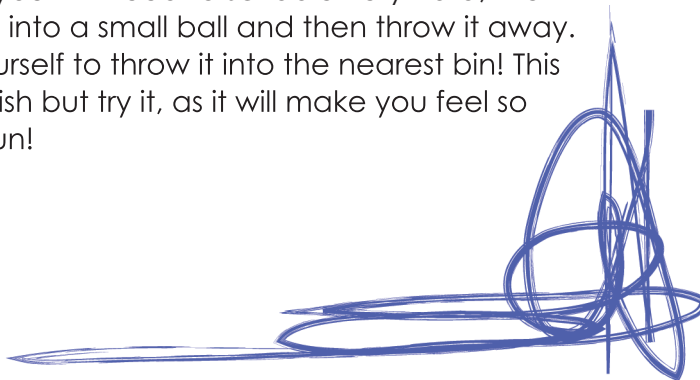
2. Punch a pillow

Punch a pillow, cushion or punch bag. Punch something that is soft and will not cause you any harm or injure you.



3. Scribble out your anger

Scribble out your anger onto scrap paper by using a crayon. To get your anger out you will need to scribble very hard, then immediately scrunch it into a small ball and then throw it away. You can challenge yourself to throw it into the nearest bin! This may sound really childish but try it, as it will make you feel so much better and it is fun!



4. Exercise

Go for a run, kick a football around, walk the dog or jump on a trampoline. Do anything physical and active that helps you get your feelings of anger and frustration out but make sure you don't do something where you may hurt yourself or anyone else.

5. Stamp your feet

Have your own little temper tantrum – stamp your feet or get on the floor and stamp your hands and feet. It doesn't matter how old you are this really can help – just make sure no one is watching!

6. Write a letter

Write down your feelings in a diary or journal. You can also write an 'angry' letter to someone (even if they have died) – once you have written it you can tear or scrunch it up and throw it away.



7. Make some noise

Yell into a pillow or go somewhere no one is likely to hear you and make loads of noise. Take your time to calm down afterwards.



8. Burst a balloon

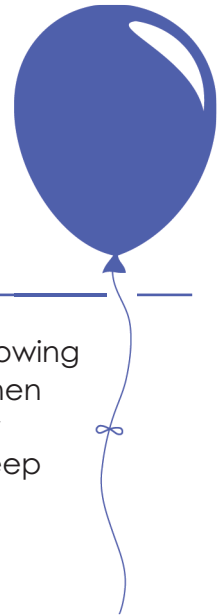
Blow up a balloon and kick it and hit it around. You can pretend the balloon is the source of your anger. If you want to you can burst it!

9. Be creative

Draw things that make you feel angry and then scrunch it up and throw it away afterwards. Alternatively, you can take your drawing outside and put it somewhere where you can throw wet sponges at it. *Warning – you may get wet!*

10. Blow up a balloon

Blow up a balloon but do not tie it up. While you are blowing it up put all your angry thoughts into the balloon and then let it go. When it swirls around you can let go of all your anger – the noise normally makes you laugh as well. Keep doing this until you calm down.



What else can I do when I feel angry?

Walk away and give yourself time to calm down.

Take some deep breaths.

Step back from the situation you are in and try and see how other people may be feeling. Get someone else's perspective on your situation, as it is good to see things from a different view.

Distract yourself as much as possible when you feel yourself getting annoyed. Make sure you let your anger out later in a safe way.

Just take time out when you feel yourself getting stressed and angry.

Ask for help when you need it

- Talk to someone you trust and tell them how you are feeling, especially if you feel 'out of control'.
- Be open about your angry thoughts – share what is annoying you. People cannot help if they don't know what is wrong.

REMEMBER: If you feel that despite all your efforts, you are still getting angry, then there are lots of people who can help you. Just tell someone you need some more support with your anger.

Here are some useful websites:

www.nelsonsjourney.org.uk

www.winstonswish.org.uk

www.childline.org.uk

Get plenty of rest, exercise and eat well. You will be able to handle angry situations much better.

Take care of yourself.



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