

Quick tips on anger

Anger is a natural and normal emotion, but at times it can feel overwhelming or difficult to manage. It can affect how we think, feel and respond to situations. This leaflet offers simple, practical tips to help you recognise the early signs of anger and find healthier ways to manage it when emotions begin to rise.

Use a calming technique

Breathe out for longer than you breathe in or focus on relaxing tense muscles. Find a technique that suits you.

Learn your triggers

Understanding what makes you angry might help you to spot patterns. You may be able to develop ways to cope with triggering circumstances.

Walk away from the situation

Having some time to think can help you decide how best to react. It can make you feel more in control.

Communication skills

Talking in an assertive, respectful way about what makes you angry may mean you're more likely to be listened to or understood by others.

Think about your drug and alcohol use

Alcohol and drugs can affect your ability to control your emotions and actions. Think about how your choices impact the feelings of your friends and family.

Redirect Your Anger

Release your energy safely and distract yourself. Hitting a pillow or tearing up newspaper can help, and activities like a cold shower or colouring may stop anger from escalating.

Activity & Rest

Be more active and prioritise good sleep. Even gentle exercise, such as walking, can help release built-up tension, and improving your sleep patterns can have a positive impact on your mood.

Try a talking therapy

Speak to your GP about counselling and other talking therapies for anger. There may also be anger management courses available in your area.



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