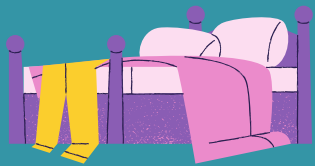




TIPS ON HOW TO MANAGE YOUR ANGER

If you can, walk away from what's making you angry and give yourself time to calm down



Go somewhere private to calm down - maybe your bedroom - anywhere you can be alone and feel safe

Try to think of something else - maybe a funny joke or something that makes you happy



Contact Us

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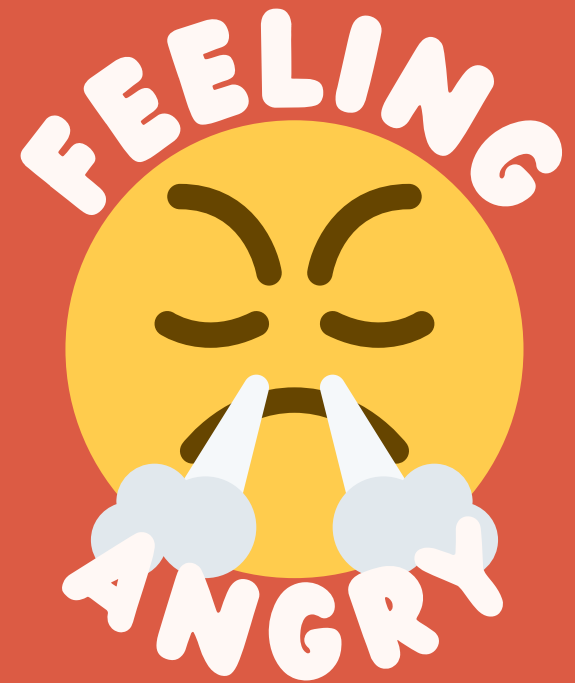
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YOUR EMOTIONAL SUPPORT SERVICE



WHAT IS ANGER?



Anger might feel like you're **about to explode** or feeling like you're **out of control**

Everyone gets angry from time-to-time - it's a totally **normal feeling**

It can become a problem when we don't know what to do with these *big feelings* or when we **keep them bottled up inside**

ANGER WARNING SIGNS



Anger normally starts out small but can grow and grow over time.

The bigger our anger gets, the *harder* it is to control.

Our body will usually gives us clues that we're getting angry, like...

Face turns red 🤬

Clench fists into a ball ✊

Sweating 💧

Start to cry 😭

Feel hot 🌡️

Start to shout 📣

Mind goes blank 🤔

Get into arguments and say things you don't mean 🗣️

WAYS TO RELAX



Here are some things to try the next time you feel yourself getting angry...

Look around you and name...

👁️ 5 things you can see

👂 4 things you can hear

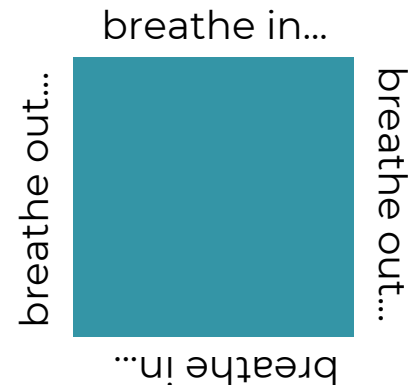
👉 3 things you can touch

👋 2 things you can smell

👅 1 things you can taste

OR...

Use your finger to trace the outline of a box and breathe in & out



ANGER ICEBERG

Sometimes anger can be a bit like an iceberg...

On top of the water is what we can see - *the anger*.

But under the surface is what we can't see - which may be lots of other feelings like *sadness* or *worry*

