



TIPS ON HOW TO MANAGE YOUR ANGER

- Learn to identify your triggers so you can either avoid them or learn to deal with them
- Keep an anger diary/journal to keep track of any patterns in your mood and behaviour
- Notice and learn what your warning signs are and find ways that help you to relax/cope
- Remove yourself from the situation that's making you angry - you can always come back to it later when you're feeling calmer
- Try to stop and think before you speak so as to not say something you'll regret later
- Use diversions and distraction techniques - anything that helps take your mind off what's making you angry

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SUPPORT SERVICE



LET'S TALK ABOUT...
ANGER

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INFORMATION AND
SUPPORT ON HOW
TO MANAGE FEELINGS
OF ANGER

WHAT IS ANGER?



- A feeling of annoyance, displeasure and hostility
- Anger is normal and healthy - it's something we all experience
- The issue with anger is how it is **expressed**, which is often in maladaptive ways
- Aggression:** hostile or violent behaviour or attitudes towards others

ANGER ICEBERG

Anger is known as a secondary emotion, meaning that it is felt as a result of another emotion or in order to hide another emotion.

People often use the analogy of an iceberg to describe anger. 90% of an iceberg is under water - similarly with anger, the truth behind it lies underneath in the form of other emotions.



ANGER WARNING SIGNS



Anger often starts out small and grows over time - the bigger it gets, the harder it is to control.

By recognising how anger impacts the way we think/act, we are better able to manage it before we reach boiling point.

Things to look out for might be...

- Face turns red 🤬
- Clench fists 🦊
- Sweating 💧
- Crying 😭
- Feel hot 🌡️
- Start to shout 📣
- Mind goes blank 🤔
- Being argumentative 🗑️

TIPS & ADVICE ON WAYS TO RELAX



Here are some exercises you might find useful the next time you can feel the red mist descend.

BOXED/SQUARED BREATHING
Imagine tracing the outline of a box or square. Whilst doing so...

- Inhale for 4s
- Hold for 4s
- Exhale for 4s
- ...and another 4s

Repeat as many times as necessary

PROGRESSIVE MUSCLE RELAXING

This exercise helps draw your attention to the sensation in your body by progressively tensing and then relaxing each muscle in turn.

You can find plenty of videos on this online to follow along with!

GROUNDING TECHNIQUE

This simple technique will help you to re-focus on the present moment. Notice your senses and take in your surroundings, whilst looking for...

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste