

ANGER

What is it?

An emotional reaction that happens when you feel frustrated, judged or feeling like you are being treated unfairly. An act of yourself or others feeling like you have lost control.

What does it look like?

Getting into fights or arguing
 Creating problems for yourself or others
 Fast racing heartbeat
 Joints clenched
 Breathing faster than normal
 Physical violence
 Cannot keep still
 Emotional distress.

How to deal with it?

- Identify what you do when it happens
- Try slow breathing exercises; counting exercises 1 to 10
- Get into a good sleep routine
- Talk to someone about your anger issues
- Listen to calming music
- Find something calm and relaxing to do that you enjoy
- Eat well
- Learn to walk away
- Take time out
- Look for warning signs.
- If things don't improve, contact your GP

