

Where can I get further help?

If you are concerned about managing your anger, make an appointment to see your GP or take a look at the Trust's website to see what services we offer. If you cannot get online please contact our Customer Services team on 0800 587 2108 for more details

Website – www.southwestyorkshire.nhs.uk

Follow us on Twitter to get updates on what we're doing: [@allofusinmind](https://twitter.com/allofusinmind)

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Booklets available in this series:

Baby Blues – How can I best deal with them?

Bereavement – How can I cope?

Confidence – How can I get some?

Healthy Living – What should I do?

Healthy Sex – How can I be sure?

Low Moods – How can I feel better?

My body, my health. Check it out!

Pain – What can I do to help myself?

Self Harm – How can I help myself?

Shyness – How can I manage it?

Sleep – How can I get some?

Stress – How do I manage it?

The end of life – How can I prepare for it?

Worries – How can I best deal with them?

Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about the Trust. Please speak to a member of staff or contact our customers services team on 0800 587 2108, who can also provide help in understanding this information, including in other formats.



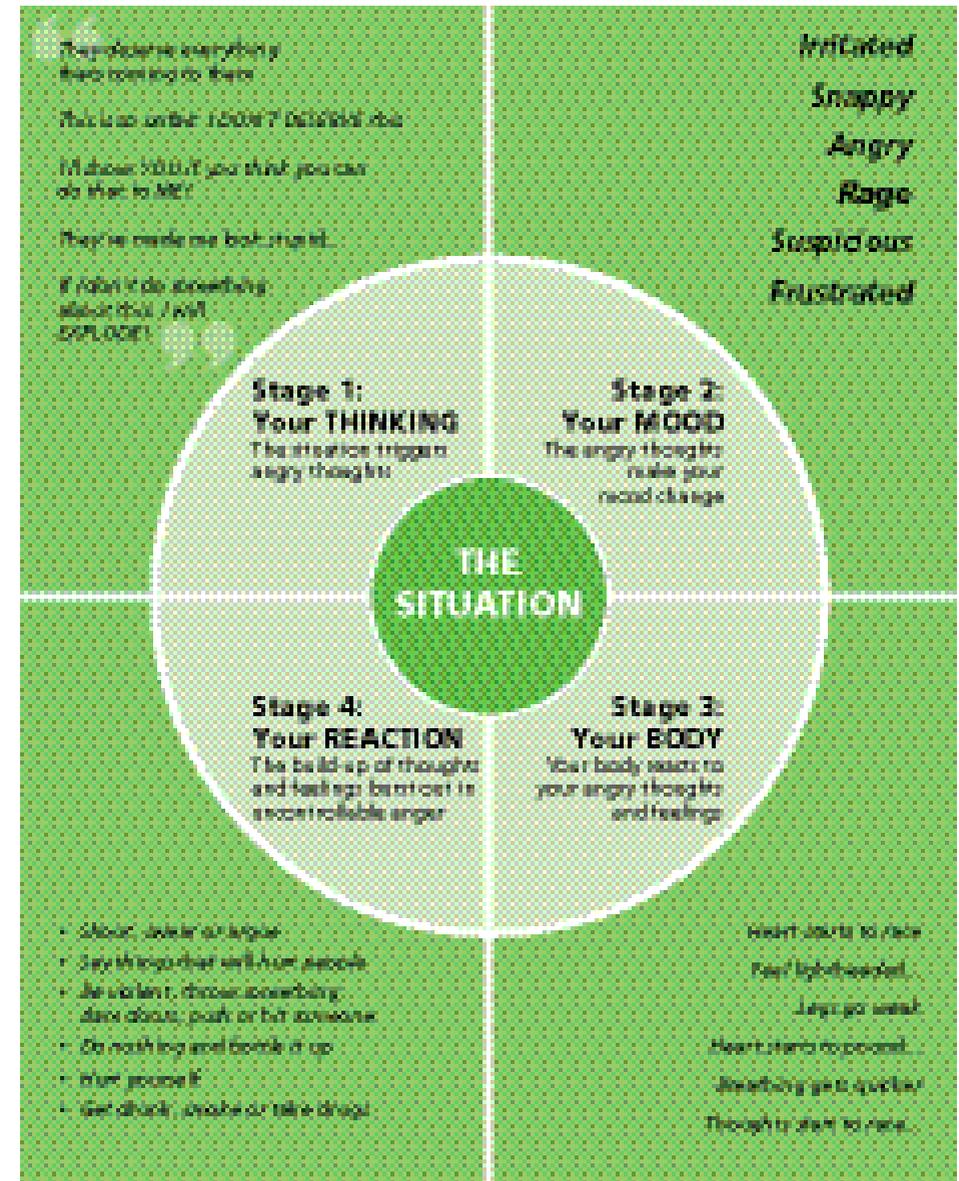
We can all feel anger at times and when it's controlled it can be a normal, healthy emotion. It becomes a problem when we find it hard to keep it under control. Sometimes it can make us feel really irritated and other times it may feel like we are in a rage. This booklet will help you look into why you feel this way and give you a few tips on how to keep a better control of it.

We want you to find this book uplifting and helpful. However it is not intended to be a direct substitute for talking to a healthcare professional, such as your GP.

“ I have to do something about this or I'll explode ”

Being angry can affect us in many ways; it can make us want to run away, scream or even become violent. When anger controls your actions it is because you are stuck in the angry cycle.

Feelings of guilt and a dislike for ourselves can happen after we have had an angry outburst. This is when we are letting our anger control us. However there are things that we can do to control these emotions.



Step one: Stop

The cycle of anger and the results of this can happen in seconds. Sometimes, before we realise it, we have had an outburst. So the key thing is to take time out.

When faced with an angry confrontation with somebody else, take yourself away from the situation. Come back later to talk when you are calm.

Breathe...

Concentrate on slowly breathing air into your body and with each exhale, imagine the tension leaving you. Close your eyes and imagine you're in a positive place. This can relax you, put your feelings into context and calm your frustrations or anger. It can also help to take your mind away from the present time and see the bigger picture.

...or count to ten

Count slowly. Take time away from what's happening to give yourself space to think and try to stop your temper from rising.

When you have calmed down, ask yourself:

"Am I letting things get out of proportion?"

"Am I jumping to conclusions?"

"What will I gain from dwelling on these thoughts?"

"Am I going to hurt myself or somebody else if I carry on?"

“ I have been made to look stupid ”

Step two: Give yourself time out

Go for a walk

Go for a walk and put some space between yourself and whatever has bothered you. Remember this whenever you feel the anger rising.

Talk

Call a loved one or someone you trust for a bit of advice. Having a conversation with someone is sometimes enough to calm you down and helps you see the situation from a different perspective.

Think

If you are angry and are not able to talk to anybody face to face or over the phone, don't vent your frustrations in a place where you might regret it later, such as on Facebook. The actions which you take now may well impact on someone else, or yourself at a later date.

Step three: Do something

Take control

Think about the situation that is making you angry. If you find you are having regular outbursts, keep a diary for a short time to help you to think about how you can manage your anger. This can be a private record just for you or it may be helpful to look at if you talk to someone about your anger.

Writing things down can help you to look at your thoughts and feelings in more detail. It is normal to feel anxious about this and you may find it useful to speak with a healthcare professional about it before you carry on.

Ask yourself:

What was the situation?

What did I react to?

Has pressure been building up over a period of time?

What could I have done differently?

As you start to control your anger, use the notes you've made as a reference, to highlight how you've changed the way you think about things.

Talk to those around you

It is important to realise when your actions have had an impact on someone else and take steps to make things right again. By talking to that person about what happened it might help you to realise why you got angry and prevent this in the future. By talking in a non-confrontational way, when you are calmer, you can explain to them what made you angry.

Be creative

Writing, making music, dancing or painting can be a great way to express how you feel inside. If you're wondering where to start, take a look at the Trust's Creative Minds initiative – which supports local creative projects that you may be able to join. Visit www.creativemindsuk.com to find out more.

Keep yourself healthy

Maintain a healthy lifestyle and try to avoid relying on caffeine, alcohol or drugs to cope. These may seem to help in the short term but will ultimately create long term problems. Instead look for support from your friends or family or a local group to manage your anger.

It might sound like a cliché but exercise is a great way to relieve your everyday anger levels and helps to improve your overall wellbeing. It doesn't have to be hard, try going for a walk, swimming or just stretching. Anything that gets your body moving and your blood pumping can be beneficial exercise.

“ This is so unfair, I don't deserve this ”

Sleep well

A good night's sleep keeps our body and mind fit and healthy. If you have had an angry outburst in the evening try to calm yourself down before going to bed.

People can often find it difficult to get to sleep, or experience a disrupted sleep if they have the TV on or their mobile phone when they go to bed. Try turning these off. You can find out more about sleep and tips to help if you're experiencing problems in our leaflet 'Sleep – how do I get some?' available on our website.

Support groups

Local support groups can help people to control and understand their anger. They're also an opportunity to meet new people who have experienced similar situations and socialise. Talk to your GP about support groups available where you live or visit your local library which may have information about them.

If you are concerned about going on your own for the first time ask a friend or family member to go with you.

“ I've been let down and I'm not standing for it ”

Step four: Talk to a healthcare professional

If you feel your anger is getting out of control and causing problems for you then talk to a health care professional such as your GP. You will be able to talk openly with them and they can help you decide how is best to help you move forward.

“ They deserve everything
that’s coming to them ”

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