

ANGER

What is anger?

Anger is an emotional state that can range from mild irritation to intense fury and rage. Anger is caused by external factors, for example a person or an event, *or* by an internal factor, for example memories, previous experiences or personal problems. Anger affects how we feel and behave.

Recognise your own triggers or hot spots

These will be individual to you and may be outside causes that you have little influence over, e.g. noise, crowds, traffic, queues *or* internal thoughts and feelings that flash into your mind and are often reinforced with negative thinking. These include errors of judgment, taking things personally, ignoring the positive, seeing things as black and white or right and wrong.

How does anger affect your body and mind?

Anger can cause tension in muscles, tight hands, a racing pulse, pounding heartbeat, raised blood pressure, heavy breathing, sweating, restlessness, inability to concentrate and perform tasks, negative focus on the situation or uncontrollable emotions.

How can you avoid becoming angry?

Recognise your triggers and avoid these situations, e.g. people, traffic, arguments.

How can you try to control your own angry behaviour?

Recognise your own behaviour: what happens before and after an angry experience.

Consider other things to do instead of behaving angrily, e.g. take a break from the situation and return when calmer. Take a deep breath and ease tension in muscles. Count to 10 slowly before responding. Go for a quick short walk. Play soothing music. Practice relaxation techniques.

THINGS FOR YOU TO DO

Fill this out whenever you feel 'angry' and it will help you build up a picture of yourself:-

Recognise your own triggers and hot-spots (in other words, what sets you off? e.g. frustration at a situation, argumentative conversation, other people's behaviour, comments and actions):

Effects on your body and mind (consider how you felt before, during and after the event and consider how long it took for you to feel calmer e.g. racing heart, sweating, restless, out of control, worried):

Controlling behaviour (what did you do to help yourself and the situation? e.g. breathing exercises, walking away, playing music):