

Quick Tips on Anger

We all feel angry at times, it's part of being human. Anger is a normal, healthy emotion.

Learn a calming technique

Breathe out for longer than you breathe in or focus on relaxing tense muscles. Find a technique that suits you.

Examine your triggers

Learning what makes you angry might help you to spot patterns and better manage triggering circumstances.

Walk away from the situation

Buying yourself some time to think can help you decide how best to react and make you feel more in control.

Avoid drugs and alcohol

They can affect your ability to control your emotions and actions.

Use up your energy safely

Hitting a pillow or tearing up newspaper can help relieve angry feelings safely.

Be more active

Even gentle exercise such as walking can let out tension.

Get good sleep

Better sleeping patterns can have a positive impact on your mood.

Try a talking treatment

Speak to your GP about counselling and other talking treatments for anger. There may also be anger management courses available in your area.

Work on communication skills

Expressing your anger in an assertive and respectful way may benefit your relationships and self-esteem.

Do something to distract yourself

A cold shower or some colouring could stop your anger escalating.