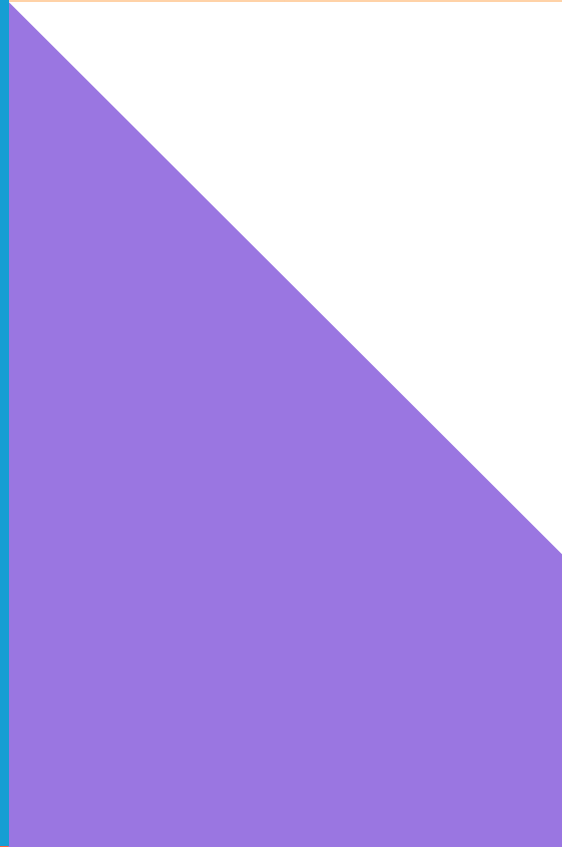
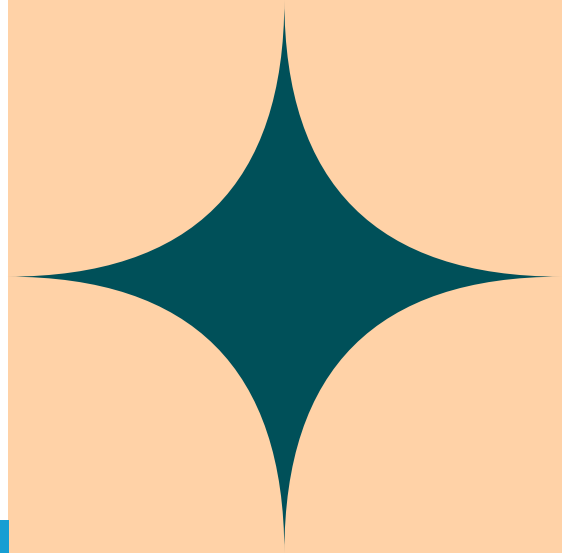


**ANGER AND  
MAINTAINING  
CONTROL**



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- What options do I have?
- When is anger a problem to me?

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**Sign Posting**



**"ANGER IS AN ACID THAT CAN  
DO MORE HARM TO THE  
VESSEL IN WHICH IT IS  
STORED THAN TO ANYTHING  
ON WHICH IT IS POURED"**

**MARK TWAIN**



# WHAT IS ANGER

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Anger can be described in different ways but it make us behave in ways we regret later if we lose control.

The American Psychological Association (APA) states that Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong.

Anger can be a good thing. It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems.

But excessive anger can cause problems. Increased blood pressure and other physical changes associated with anger make it difficult to think straight and harm your physical and mental health.

Even though feeling angry is normal, it is never ok to be mean and hurt others , break things or hurt yourself.

We need to learn to gain control and prevent hurting the wrong people and ourselves when we lose control.

It has been described as a 'secondary emotion' often shown in an iceberg. With icebergs we only see a small portion at the top, when there is always something much bigger under the surface. It can be helpful for us to draw our anger and think about what we look like when people see our anger when we could be feeling many other emotions that they don't see. This can help us understand when people don't understand what we are trying to convey.

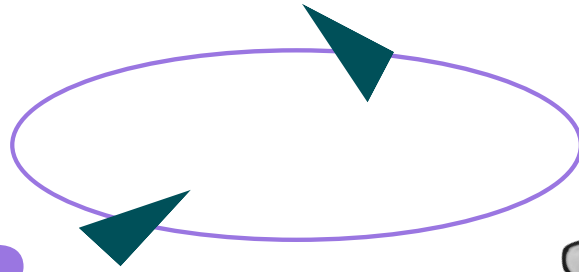
## ANGER ICEBERG



## SIMPLE GUIDE

01.

# KNOW YOUR WARNING SIGNS



Circle the ones you feel are relevant and further on there is a section where you can write them down along with any others that are personal to you.

Sweating

Can't solve the problem or leave it alone

Headaches

Becoming argumentative

Using Insults

Aggressive body language

Turning red

Feeling sick or a knot in your stomach

Raising your voice

Going quiet or 'shutting down'

02.

## WHAT OPTIONS DO YOU HAVE?

- Do you have **choice**, can you walk away, avoid or do you have to face this thing that may make you angry?
- Is there **time** to plan ahead in our response?
- Do we feel hungry or tired or something else that could be making my feelings more difficult?
- Do I have **space** to breathe and think?

03.

## WHEN IS ANGER A PROBLEM?

anger is a problem when it negatively affects others. You can lose relationships as they can be difficult to maintain healthy ones when anger is out of control.

- Is this a problem for you?

Anger can hinder our performance at school, making it difficult to work with others

- Is this a problem for you?

Anger affects physical and emotional health. It can contribute to anxiety, depression and substance misuse.

- Is this a problem for you?

When anger gets out of control we can become physically violent, damage property, legal trouble or have other damaging permanent consequences.

- Is this a problem for you?

1

## TAKE DEEP BREATHS

Deep breathing can be helpful in calming many uncomfortable emotions.

Sit Comfortably, one hand on your stomach, Breathe in through the nose and feel the stomach rise, hold it then exhale slowly as if blowing through a straw.

2

## GET AWARE OF YOUR TRIGGERS

Create a list of your triggers and add to them as you notice more, read them daily to remind yourself of them. This helps you to get ahead of them and manage your triggers easier.

You can maybe avoid the trigger by making changes to your lifestyle, relationships or routines or when we need to face them we can plan and rehearse responses, ensure we have what we need such as avoid triggers when hungry or tired

# MANAGING ANGER

**THESE SKILL CARDS CAN BE CUT OUT AND KEPT WITH US AS A REMINDER OF WHAT HELPS**



3

## DRAW YOUR ANGER

Taking time to think about how you look to others at times when you have felt anger and not had the response you have hoped for. It isn't ok to make other people feel frightened and often trigger their fight or flight response. This often leads to arguments where everyone involved is simply trying to defend themselves and things don't get resolved

4

## TAKE TIME BEFORE RESPONDING

Distractions that can delay your response can often give time for more logical thinking rather than a response that is almost clouded by anger and the brain changes that are occurring when we feel triggered.

Some examples include something physical like jumping jacks, running on the spot, counting to 100, listening to music, talking to someone else, doing your favourite hobby.

**We are all different. See what ones work for you**



1

## MY WARNING SIGNS

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# MY SKILLS

TAKE YOUR INSPIRATION FROM THE LAST PAGE AND LIST WHAT YOU NEED TO REMEMBER.

2

## MY TRIGGERS

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3

## MY DISTRACTIONS

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# **ACCESSING HELP**



**[WWW.YOUTHINTERVENTIONS.ORG.UK](http://WWW.YOUTHINTERVENTIONS.ORG.UK)**

**WORKING WITH YOUNG PEOPLE AND  
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**IN AN EMERGENCY CALL 999 OR  
GO STRAIGHT TO A&E**

