

Top Tips

Managing anger

Anger is a natural emotion that we all experience. However if your anger is harming you or others around you it's time to contain your anger.

- Identify the people / situations that trigger your anger. Ask yourself why they are triggering your anger? Ask yourself is it worth getting angry about? Think about the repercussions – these could be shame, guilt, remorse?
- Express your needs and wants assertively using 'I' statements eg 'I feel hurt when....' rather than using blaming statements such as 'You made me angry'
- Take your anger out on a punch bag – this way you are getting your feelings out without hurting yourself or anyone else
- Use art or write a journal to express your feelings and emotions. This can be helpful in managing the build up of negative feelings and emotions
- Build empathy into your daily life – try and see things from the other person's perspective
- Don't try to communicate and work things out when you are still angry
- If possible walk away from a situation – this can reduce the 'fire meets fire' response – where you and the other person(s) end up shouting or screaming at each other
- Adopt the ABC technique – it can help to see a person / situation in a different way and diffuse your feelings. For more information go to: www.cci.health.wa.gov.au/docs/ACFD951.pdf

“For every minute you are angry you lose sixty seconds of happiness”

Ralph Waldo Emerson

Useful websites

www.mind.org.uk/help/diagnoses_and_conditions

www.nhs.uk/Conditions/stress-anxiety-depression/Pages/controlling-anger.aspx

www.mindtools.com/pages/article/newTCS_88.htm

Mind in Cambridgeshire is a dynamic, countywide charity that supports local people in their recovery from mental health challenges; promotes wellbeing and campaigns on mental health related issues.

We believe that everyone who is affected by mental ill health should have ready access to the support they need to recover – free from stigma and discrimination.

Mind in Cambridgeshire would like to thank Comic Relief for their support in developing the Top Tips.



For more information contact:
www.mindincambs.org.uk,
St Neots – 01480 470480
Cambridge – 01223 311320