

Heads Up for Wellbeing – Managing Anger

It's really common to feel angry at some point. There can be many causes, but find out here what you can do to manage & improve the situation.



What is Anger?

- Anger is a normal, healthy emotion, which we might experience when we feel frustrated, upset, deceived or hurt. It can help us identify issues we need to deal with, and motivate us to act and change things. Anger becomes a problem, though, when it gets out of control, and harms you or the people and things around you.

Signs to look out for

There are many signs of anger. Your BEHAVIOUR might change, and you might start to shout, ignore people, sulk, argue, fight, break things or even self harm. Here's how you might feel:

PHYSICALLY

- Faster heartbeat
- Tense Muscles/headache
- Clenching your fists
- Tightness in your chest
- Feeling hot/sweaty

MENTALLY:

- Tense or nervous
- Unable to relax
- Easily upset & irritated
- Humiliated
- Resentful towards others

There are several things you can do yourself to help manage your anger. Read below to see how you can get assistance with Managing Anger.

Managing Anger – self help

PARENTS/CARERS

- Speak with your child in a calm manner about what might be causing the anger.
- Shouting and being angry back will usually worsen the situation.
- Give them 'space' to calm down before any discussions.
- Listen without interruption, and without giving advice, till later.
- Encourage your child to speak to people they trust - their pastoral teacher, class teacher, another family member or a close friend.
- Speak with your child's pastoral teacher yourself, and work on this together.
- Contact your GP if you have ongoing concerns.

There are more things you can do over the page...

There are several things you can do yourself to help manage your anger.



Managing Anger – self help

IN SCHOOL

- PSE Lessons give input and support with managing emotions and wellbeing.
- There is one to one and small group support in school for managing anger.
- Getting involved in extra-curricular clubs or clubs outside of school can help.
- Pastoral staff can help you draw up strategies for school and home.

Managing Anger– useful contacts – where to get help

www.moodjuice.scot.nhs.uk/anger.asp

- has a good self-help guide to go through to help you better understand anger and how to deal with this

www.mind.org.uk

- type anger in the search bar to find links to information about symptoms, causes, support and treatment
- it also has a section to help friends and family know how to support someone who is dealing with anger problems
- find links to info-lines if you need to talk to someone 0300 123 3393
- Follow them on social media: Facebook: mindforbettermentalhealth, Twitter: @mindcharity, Youtube: Mind, the mental health charity, Instagram: @mindcharity

Other websites and resources

- <https://www.camhs-resources.co.uk/downloads>
- <https://young.scot/get-informed/national/how-to-deal-with-anger>
- <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anger/>