

Managing My Anger



Some people seem to have a long or a short fuse..

Which do you have?

By having a short fuse, when you become angry you are more likely to react **emotionally** by:

- Blaming the other person
- Devalue the other person
- Become confrontational
- Exaggerate what has happened (i.e. get it out of proportion)

Sound a bit like you...?

https://www.youtube.com/watch?v=BsVq5R F6RA



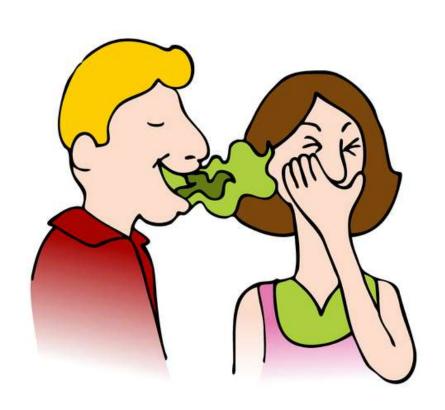
Buy yourself some time

- Take a time-out- Removing yourself from the situation that is triggering the anger so that you have space to gather your thoughts and calm down.
- **Timing-** if you tend to get angry at certain times when you talk to someone, try to talk to them calmly at another time of the day
- Count to 10, 20, 30 (or however long it takes you to calm down) in a
 quiet voice before you react
- Talking to a trusted person (such as a friend, family member or counsellor.)- Expressing your thoughts out loud can help you understand why you're angry and help calm you down.

Recognising warning signs

Relaxation and calming techniques

- **Breathe slowly before reacting** try to breathe out for longer than you breathe in and focus on each breath as you take it.
- Relax your body if you can feel your body getting tense, try
 focusing on each part of your body in turn to tense and then
 relax your muscles
- Keep your fists unclenched -This will help you remain calm, try clenching your fists, now try holding your fingers out straight – can you notice a difference?
- Mindfulness- mindfulness can help you to be aware of when you're getting angry and can help calm your body and mind down.





Do something to distract yourself mentally or physically

Anything that completely changes your situation, thoughts or patterns can help stop your anger escalating

- **Self-talk** —Talk to yourself telling yourself to keep calm e.g. 'Stay calm', Relax', 'Don't be stupid, this won't get me anywhere, so leave it',
- Take a cold shower, listen to music
- Use an elastic band or even just pinching your skin can works –
 it's a way of making you think about what you're doing, or
 about to do.
- Exercise try to work off your anger through exercise. Sports like running or boxing can be really helpful for releasing pent up energy.

