



Managing My Anger

LENGTHENING YOUR FUSE



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...?

LENGTHENING YOUR FUSE

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.

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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.

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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 work – 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.

