

# 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](http://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.bbc.co.uk/health/emotional\\_health/mental\\_health/coping\\_angermanagement.shtml](http://www.bbc.co.uk/health/emotional_health/mental_health/coping_angermanagement.shtml)

[www.mind.org.uk/help/diagnoses\\_and\\_conditions](http://www.mind.org.uk/help/diagnoses_and_conditions)

[www.nhs.uk/Conditions/stress-anxiety-depression/Pages/controlling-anger.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/controlling-anger.aspx)

[www.mindtools.com/pages/article/newTCS\\_88.htm](http://www.mindtools.com/pages/article/newTCS_88.htm)

 **Think Right!**  
Wise up to Mental Well Being



The Think Right Project, run by Mind in Cambridgeshire commenced in May 2011, and is funded by Comic Relief for 3 years. The overall aim of the project is to provide a range of mental health promotion and campaigning activities to combat the stigma and discrimination related to mental health challenges.

 **Mind in Cambridgeshire**  
for better mental health

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