



Anger



Thinking about Anger can be upsetting. You might want to look at this leaflet with someone you trust like a healthcare worker

Anger

Contents Page

What is anger?	Page 3
Why does it happen?	Page 4 and 5
What happens when you get angry?	Page 6, 7, 8, 9 and 10
What you can do to help yourself	Page 11, 12 and 13
Where you can get support	Page 14
What others can do to help you	Page 15
Where to find more information	Page 16 and 17

What is anger?



Anger is a feeling you have when you are cross or frustrated about something



Anger is a normal feeling. Everyone gets angry sometimes and that's ok



Some people find it difficult to control their anger and lose their temper



When you lose your temper it can make it hard for you to do everyday things. This can include making friends, going to work, going to college and having fun

Why does it happen?



There are lots of reasons why you might get angry

You might get angry because



Others are not listening to you

You are being treated unfairly

You are missing your family or friends

You have had bad news

Why does it happen?

You might get angry because



You are in a lot of pain

- You might have a headache
- You might have toothache
- You might have stomach pains

You might get angry because



You are bored because you have nothing to do

You are bored because you are doing the same thing over and over

You might get angry because



You are worried about being asked to do something you find difficult

You are worried about something that might be happening soon

What happens when you get angry?

When you get angry



1. You might think and feel differently



2. You might have changes
in your body



3. You might behave differently



The next few pages will tell you more
about the things that happen when
you get angry

What happens when you get angry?



1. You might think and feel differently



When you feel angry you might have different thoughts than when you feel calm

You might think that no-one listens or it is not fair



When you have these thoughts you might feel out of control



When you feel out of control you might feel more angry and you might do things you would not usually do

What happens when you get angry?



2. You might have changes in your body



Your heart might beat faster



You might sweat



You might start breathing faster



You might feel like you have lots
more energy

What happens when you get angry?



3. You might behave differently



You might hurt yourself by head banging, skin picking, self-biting or scratching



You might hurt others by saying nasty things or doing things that hurt other people like hitting them



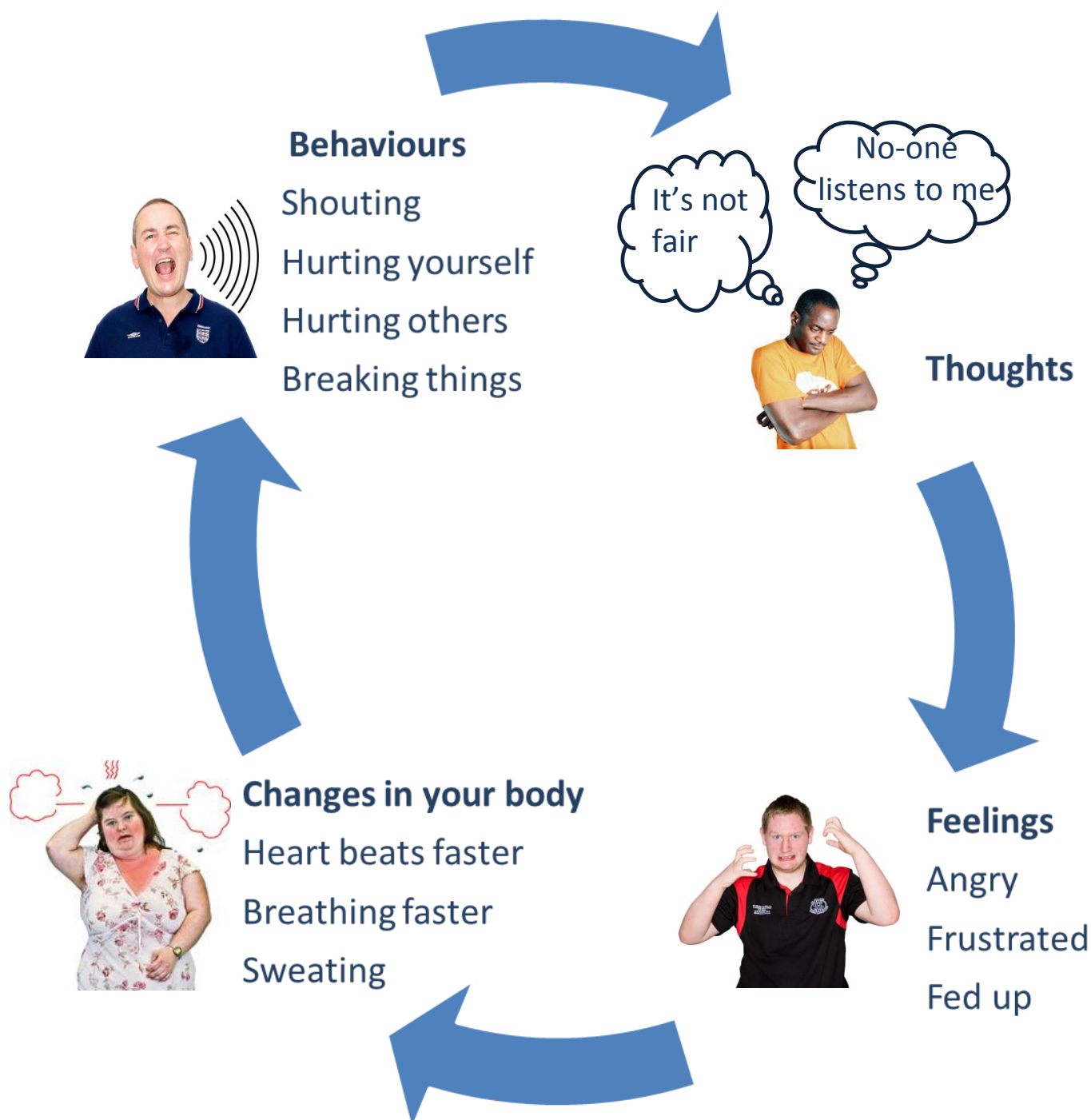
Break things like ripping clothes, breaking windows, throwing things or slamming doors



These behaviours can make it hard to do everyday things like making friends, going out and living where you want to live

What happens when you get angry?

This diagram shows what might happen to you when you get angry



What you can do to help yourself



When you have problems with your anger you can do things to help yourself feel better



Don't drink too much alcohol or take illegal drugs

What you can do to help yourself



Take your medication

If your doctor has given you medication to help you feel calmer make sure you take this medication



Do some exercise

Exercise makes you feel good and can also help you to meet new people

You could go walking. dancing or



Do things you enjoy doing

When you are angry you might not feel like doing very much. Doing things you enjoy is important to help you feel better

What you can do to help yourself



Relax

When you feel angry it helps to breathe slowly and deeply

It can also help to have a bath or listen to some music to relax



Eat healthy foods

It is always important to eat healthy foods

When you feel angry it is even more important to eat healthy foods because unhealthy foods can make you feel worse

Where you can get support



Talk to your doctor



Your doctor could be your GP or psychiatrist. Your doctor can make sure you get the right type of help



Counselling or therapy is a really good type of help



You can talk to your counsellor or therapist about your anger

What others can do to help you

Others can spend time with you by



Talking with you and listening to your problems

Helping you to learn new ways of dealing with your anger

Others can find out why you are angry by



Asking you what is wrong

Asking you what makes you happy and sad

Others can help make your life feel good by



Helping you do things you enjoy and things that help you relax

Helping you to do the everyday things you need to do like shopping and washing your clothes

Supporting you to see your doctor or nurse

Where to find more information

Samaritans



You can talk to them anytime about how you feel

Freephone 116 123

Website www.samaritans.org

Mind Cymru



Information and support if you have a mental health need

Phone 0300 123 3393

Or text 86463

Website www.mind.org.uk

C.A.L.L.



People who will listen to you and give you information on Mental Health

Freephone 0800 132 737

Or text 'help' to 81066

Website www.callhelpline.org

Where to find more information



Your GP

If you have questions about anger or want to know more you can speak to your GP

This leaflet was amended by Aneurin Bevan and the Learning Disability Psychology service

Authors Support Plus Team

Date Amended February 2019

Thank you to Photosymbols for the use of images



For updates on
Facebook Like
@AneurinBevan
HealthBoard



Follow us on Twitter
@AneurinBevanUHB



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board