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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Managing Feelings of Anger



Managing Feelings of Anger



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

Managing Feelings of Anger

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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 natural



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 feel angry

You might feel 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 feel angry because



You are in a lot of pain

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



You are bored because you have nothing to do

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

You might feel 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 feel angry?

When you feel 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 feel angry

What happens when you feel 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 feel 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 feel 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 unkind things or doing things that hurt other people like hitting them



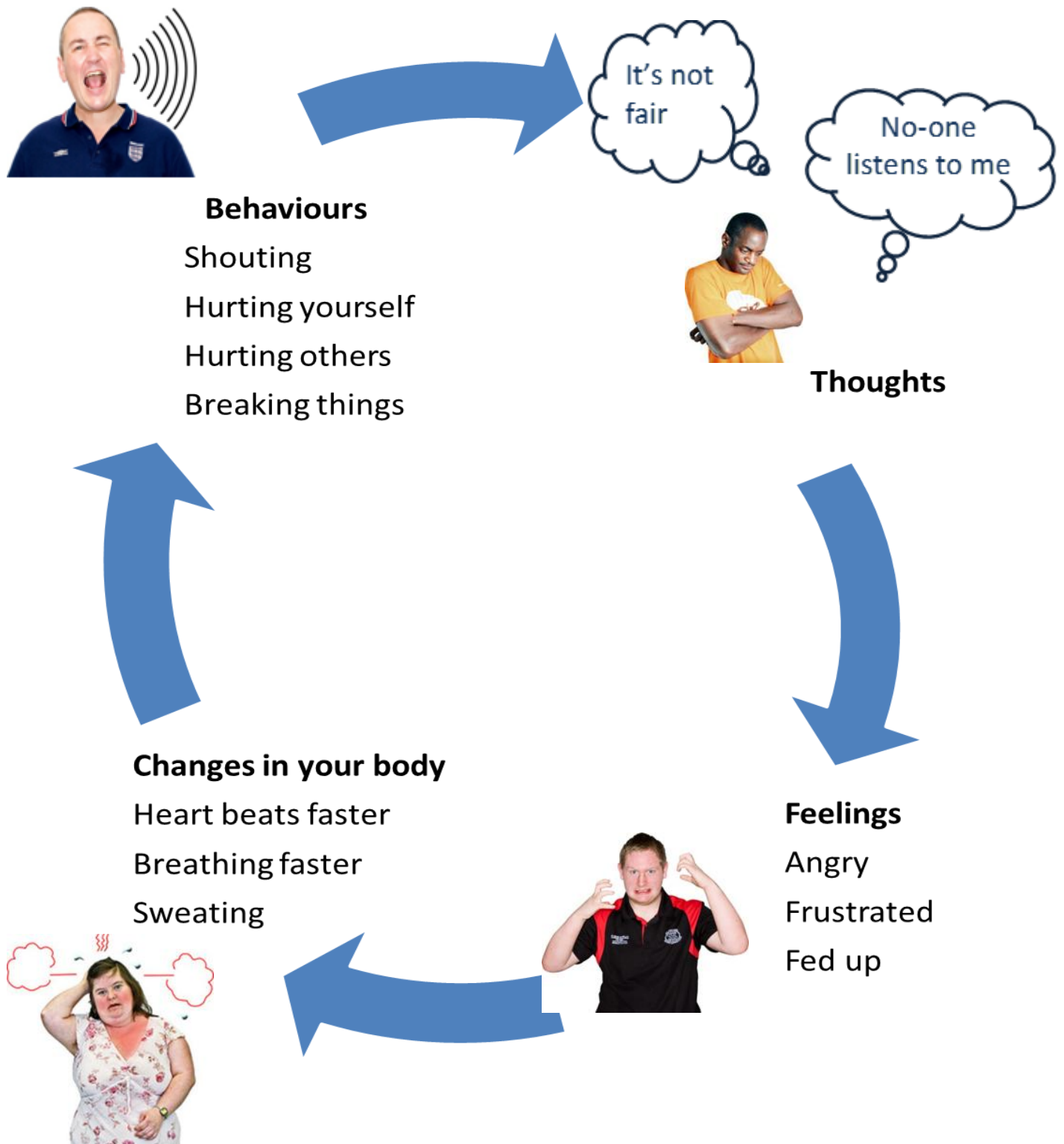
Break things like ripping clothes, breaking windows, throwing things or slamming doors



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 feel angry?

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



What you can do to help yourself



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



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



Do some exercise

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

You could go walking, dancing or swimming

What you can do to help yourself



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



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



Try to do the things with the green ticks to help you feel better

What you can do to help yourself



Take your medication

If your doctor has given you medication, this can help you feel calmer



Don't drink too much alcohol or take illegal drugs



Illegal drugs and alcohol can also make you feel bad and they are not good for you

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 can be a really good type of help



You can talk to your counsellor or psychologist 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

NHS 111 Wales Press 2

For urgent mental health support

Phone 111 and press option 2



Community Advice & Listening Line
Mental Health Helpline for Wales

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.uk

Where to find more information



Your GP

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



More Leaflets

Thinking about feeling angry can be upsetting. You may want to look at other leaflets about other topics with someone you trust.

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

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