

 Learn to identify your triggers so
 you can either avoid them or learn to deal with them

Keep an anger diary/journal to keep track of any patterns in your mood and behaviour

Notice and learn what your warning signs are and find ways that help you to relax/cope

Remove yourself from the situation that's making you angry - you can always come back to it later when you're feeling calmer

Try to stop and think before you speak so as to not say something you'll regret later

Use diversions and distraction techniques - anything that helps take your mind off what's making you angry

Contact Us

- 23 Carter Street
 Uttoxeter
 Staffordshire
 ST14 8EY
- hello@yess.uk
- □ www.yess.uk
 - 01889 567 756



YOUR EMOTIONAL SUPPORT SERVICE



LET'S TALK ABOUT... ANGER

To make a donation, text YESS, followed by your donation amount, to 70450

> (e.g. YESS 5 to donate £5, YESS 10 to donate £10)

INFORMATION AND SUPPORT ON HOW TO MANAGE FEELINGS OF ANGER

© Your Emotional Support Service, 2021 Charity No. 1147443 Company House No. 7727783

WHAT IS **ANGER?**

A feeling of annoyance, displeasure and hostility

Anger is normal and healthy - it's something we all experience

The issue with anger is how it is expressed, which is often in maladaptive wavs

Aggression: hostile or violent behaviour or attitudes towards others

ANGER **ICEBERG**

Anger is known as a secondary emotion, meaning that it is felt as a result of another emotion or in order to hide another emotion.

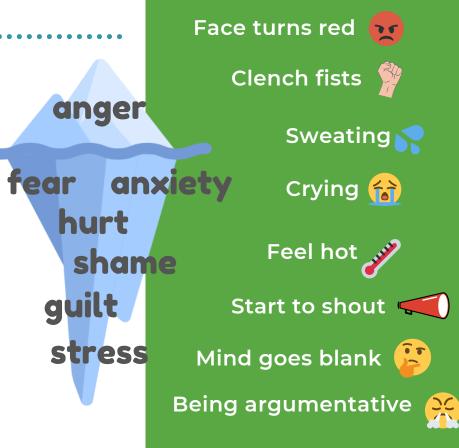
People often use the analogy of an iceberg to describe anger. 90% of an iceberg is under water - similarly with anger, the truth behind it lies underneath in the form of other emotions.

ANGER WARNING SIGNS

Anger often starts out small and grows over time - the bigger it aets, the harder it is to control.

By recognising how anger impacts the way we think/act, we are better able to manage it before we reach boiling point.

Things to look out for might be...



TIPS & ADVICE **ON WAYS** RELA Here are some exercises



BOXED/SQUARED BREATHING

Imagine tracing the outline of a box or square. Whilst doing so...

- Inhale for 4s
- Hold for 4s
- Exhale for 4s
- ...and another 4s

vou might find useful

Repeat as many times as necessary

PROGRESSIVE MUSCLE RELAXING

This exercise helps draw your attention to the sensation in your body by progressively tensing and then relaxing each muscle in turn.

You can find plenty of videos on this online to follow along with!

GROUNDING TECHNIQUE

This simple technique will help you to re-focus on the present moment. Notice your senses and take in your surroundings, whilst looking for...

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste