

HAPPY MINDS

Anger is a powerful emotion that people feel from time to time when someone or something frustrates or annoys them.

Anger is an emotion we all experience and like all emotions we need to learn how to manage this feeling in a healthy way.

When we get angry it can be hard to think things through clearly and we often make the wrong choices. Once we have done this, we can then feel guilty about this, which in turn can make us feel worse. It is therefore important that we learn to manage our feelings of anger and take control of this emotion before we do or say things which we regret.

We hope the following strategies will help you if you find yourself in this situation.

Top tips for managing anger:

- Take some deep breaths and count to 10.
- Listen to some music, read a book or watch a film.
- Go for a walk or do some exercise.
- Talk to someone calmly about the situation you find yourself in.

If you find yourself in a situation of conflict, think about what you would like to say and how you would like to say it. Listen to their point of view too and then calmly say what you think you need to. It is better to walk away from a situation if you feel yourself getting more angry rather than saying something which you will regret later.

MANAGING ANGER

What can parents do?

- Try not to get angry too and avoid asking lots of questions. Acknowledge that it is OK for your child to feel angry and that you will talk to them about whatever it is when they are calmer.
- Provide them with the opportunity to calm down; have a list of activities for them to choose from and provide reassurance.
- Talk to them about the situation and the potential triggers for their anger. Keep to your rules, boundaries and appropriate consequences if rules have not been followed.
- Model the positive behaviours you would like to see.

Helpful Books/Useful Websites:

‘The Teenage Guide to Stress’ by Nicola Morgan

‘Mindfulness for Teen Anger’ by Mark Purcell and Jason Murphy

‘My Emotions Journal & Log Book’ by Lilly’s Journal

<https://www.youngminds.org.uk/parent/a-z-guide/anger>

<https://web.ntw.nhs.uk/selfhelp/leaflets/Controlling%20Anger.pdf>

https://www.moodcafe.co.uk/media/19831/keepingyourcool_wdf48060.pdf