

## Ignoring the warning signs

Uncontrolled anger can have a tremendous impact on your relationships. Being angry isn't the problem in itself, it's how you deal with it that counts. Taking your unhappiness or frustrations out on those around you will put a huge strain on your relationships. Conflict is something most people want to avoid, especially in their private lives, and living in fear of another person's outbursts can be very damaging to their mental health. Find out what your triggers are and learn a strategy to avoid losing self-control. This shows those around you that you do care and will help you save those relationships.

## Self-control

Now you've started to look at your core beliefs and understand what your triggers are, you may recognise that this can be a difficult process. Seek professional help to support you with this if it is very distressing for you. Here are 5 tips to help keep you on track and not lose your power:

1. Regulate your breathing by taking deep, slow breaths that can help to relax you
  2. Count to ten before you respond to a question
  3. Do something creative to help focus your energy in a positive way
  4. Music can have a calming effect on your mood, so put on your favourite music
  5. Use a relaxation technique such as yoga
- Doing something rather than nothing is vital.

## Other useful websites / organisations

- [youngminds.org.uk](http://youngminds.org.uk)
- [nhs.uk](http://nhs.uk)
- [mind.org.uk](http://mind.org.uk)



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

[www.nsmind.org.uk](http://www.nsmind.org.uk)

## A Young Person's Guide to

# Anger



 mind  
for better mental health

North Staffs

## What are anger issues?

Everybody has anger issues. Anger is nature's warning sign that something is not right. A response to being spoken to rudely, insulted, deceived, frustrated, or even attacked. We all have to deal with life, people, work and these can cause stress. How people respond to stress can be very different. Anger can also be useful as it shows us when we are not being treated properly. It can also be very frightening.

Losing self-control is always bad. Whether your anger is related to something happening now or in the past, losing control and expressing that anger can make you do things that you will regret later. It is important not only to understand what causes your anger but also how to limit the chances of it damaging either your own life or of those around you.

### Mis-labelling

Most young people actually think that anger issues are an actual diagnosed medical condition. The term has been over-used, particularly in schools to incorrectly label people displaying behavioural problems by calling it anger instead.

## Learn your triggers

Half the battle in learning to master your anger is to identify your triggers. Most people get angry when they experience extreme or overwhelming feelings of rejection, disappointment, jealousy, hurt, embarrassment, grief, loss, sadness, fear, worry, or stress.

Think about the last time you were angry: What were the circumstances? Did someone say or do something to trigger your feelings of anger?

Noticing the physical warning signs of anger may help you to prevent losing control. An increased heartbeat, rapid breathing, tense body, feeling like you can't stop still, tapping your fingers, or clenching your fists are all possible symptoms. You can then 'anchor' your anger in and avoid reacting badly to a situation.

### Throw your toys out

Everybody gets frustrated and angry at times. Believing that losing self-control means you are a bad, ill-tempered person can stop you from showing your real feelings. Pushing down feelings of anger is just as unhealthy in the long term.

### Angry (versus)

Being excessively angry and aggressive gets in the way of communication. Nobody listens to what made you angry, instead they focus only on your threatening behaviour.

### Assertive

When you assert yourself in a situation you gain the respect from the people in the room because you have shown respect to them. This often brings about change and success.

## Be assertive

Being assertive means standing up for yourself, while still respecting other people and their opinions or feelings. It's getting your point of view across without 'throwing your toys out of the pram'.

Communication breaks down easily when people get angry with one another. The volume increases and language changes as each party attempts to win. Talking assertively allows you to share your feelings of anger with the other person. It stops tense situations getting out of hand where everyone feels like they're walking on 'eggshells'. Keep your relationships healthy by not attacking someone's self-esteem. If you are not used to sharing your feelings this will take time and effort to get into the habit of doing it in a non-aggressive way.

Tip: When explaining how you feel, avoid blaming people and use "I" statements instead. For example, "When that happened I felt angry because..."