

UWE Wellbeing Service

Anger

When you are feeling angry...

- Do you get irritable at the slightest thing, feel restless and on edge?
- Do you shout and argue, hit out, throw things?
- Do you find it hard to concentrate, and see everything as a big and annoying problem?
- Does your heart pound, your chest constrict, do your muscles tense?

Keeping your anger in check

Anger is a natural emotion that helps us deal with threats to our wellbeing. It is a part of our fight/ flight response and it can be an important signal that we need to protect ourselves from harm. However, anger can also be very destructive. The most important thing to learn is how to relate to our angry feelings. When we squash or repress our anger and 'bottle it up' we can feel helpless and depressed. Equally, lashing out can hurt others and our-selves. Anger often feels scary to express, but there are many resources to help you to deal with this emotion in a healthy and constructive way.

Look after the fundamentals: Ensure to take time out to rest, get enough sleep and eat well, don't overdo it with the alcohol and caffeine!

Express yourself: It can be helpful to share how you feel with a trusted other who will listen and understand. Take time to notice other feelings that may be beneath the anger, is there a need that is not being met? How can you find ways of meeting the need?

Be curious: Experiment with keeping a note of when and what makes you angry, is there a pattern? What triggers you?

Be creative: Anger has a lot of energy, channel it to express yourself. Paint, draw, scribble, sing, write a poem or a song, dance to your favourite tracks, or go kickboxing.

Learn some calming techniques: Notice your breathing and slow it down, sigh, exhale. Count to ten before you speak.

Time for you: Create space and make time for your needs. Go easy on yourself; it takes time to learn to tame your anger and rag

"Between the stimulus and the response, there is a space. Within this space lies our power and freedom" - Victor Frankl

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Websites

- **BAAM** (British Association of Anger Management) - centre of expertise for all aspects of anger and conflict management <http://www.angermanage.co.uk/>
- **Get self-help** provides clear, practical, evidence-based advice for understanding and managing a range of problems including anger www.get.gq
- **Keep Your Cool Kit** – PDF self-help from BAAM <http://tinyurl.com/jsj55la>
- **Mind** – Downloadable information and support regarding anger management by Mind www.ntw.nhs.uk/pic/selfhelp/
- **Mental Health Self Help Guides** (Audio or written) – Guide on Controlling Anger <http://tinyurl.com/nm4zlgq>
- **Non-Violent Communication** – A very helpful resource with plenty of tools to support effective communication <https://www.cnvc.org/>

UWE library books

- Davies, W. (2009) **Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioral Techniques.** Available: [Bower Ashton](#), Frenchay, Glenside

Further reading

- Lerner, G. H. (1998) **The Dance of Anger: A Woman's Guide to Changing the Pattern of Intimate Relationships**
- Fisher, M. (2012) **Mindfulness & the Art of Managing Anger: Meditations on Clearing the Red Mist**
- Griffin, J. (2009) **Release from Anger: Practical Help for Controlling Unreasonable Rage (Human Givens Approach)**
- Lee, J. (1993) **Facing the Fire: Experiencing and Expressing Anger Appropriately**

Video links

- **Daniel Siegel** - a really great introduction to how the brain works when we get angry, and teaching how to pause to become calm: <http://tinyurl.com/h3cpeco>

Apps

- **Anger Management Hypnosis App** - a free app with lots of tools and helpful ideas . <http://tinyurl.com/zyqexlr>