



What to do if you're feeling angry

What is anger?

Anger is a normal emotion which can be useful in our lives. It can, however, be destructive and disruptive in respect of our relationships, behaviours and learning.

How anger might affect you

You may experience excessive outbursts of physical or verbal behaviour such as fighting or shouting.

It's normal for teenagers to have periods of emotional outbursts displaying signs of anger, but it may be an indicator of other underlying situations or conditions that mean you could benefit from some further support.

What you can do if you're feeling angry often

1. Try to identify any trigger factors or situations that create your feelings of anger.
2. Talk to someone you trust about how you're feeling: a friend, family member or at school; a teacher, mentor, counsellor or school nurse.
3. Try to give yourself some time out when feelings of anger build up, so you can diffuse those feelings.
4. Expressing yourself in other ways might help; sport, art, writing and music can help us find expression for angry feelings in a constructive way.

5. When you feel yourself getting angry or stressed, take time to relax and do something you enjoy, such as:

- Going for a walk/run
- Listening to music
- Reading a book
- Seeing friends

6. Counting to 10 before you act or say anything allows you time to reflect and calm down. It might help you not saying or doing something you might regret later on.

7. Our bodies react physically when we're angry, think about how your body changes when tension builds before an outburst of anger and look for signs such as an increase in temperature, sweating, breathing faster and pulse-racing.

8. Learn how to handle conflict. If you have a problem with someone, talk to them calmly rather than jumping in aggressively. Think about what you want to say beforehand and how you want to get your point across.

9. Try to learn to cope with your anger. Walk away from a situation to calm down, rather than saying or doing something you might regret later.

If you are still struggling with feelings of anger, it might be time to talk to someone at your school or your GP.
Or, visit www.liverpoolcamhs.com/need-advice