

## 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 out your unhappiness or frustrations 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 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 change 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 10 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.

## More support to access...

### Workshops

Our signature Dragon workshops are easy to understand and 'not too heavy' for engaging with young people. The workshops cover negative thinking, relationships, self-esteem, anger, confidence and the need for reflection or 'time out'.

### Online

Log onto [www.peaceofmind.help](http://www.peaceofmind.help) where you can access our web app on a smartphone, tablet or PC. On there you can find support, emergency contact numbers and other information on a range of topics that can help you feel more in control of your wellbeing.



### Drop-in Service Available

Mindzone is a free, confidential drop-in service for young people aged 11-18 years old who feels in any kind of emotional distress or 'bad place'. Open every Monday between 5-8pm at the RVS in Hanley (next to Iceland), 29 Charles St., Hanley ST1 3JP



#NSMindzone



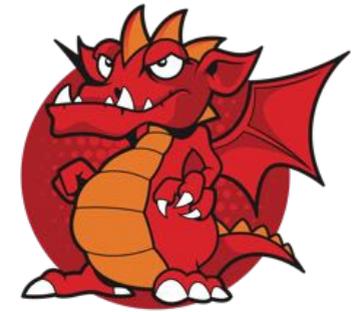
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# Anger



Noun: a strong feeling of displeasure and belligerence aroused by a wrong



# 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.

## Throw your toys out.

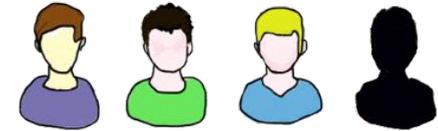
Everybody gets frustrated and angry at times. Believing that losing self-control means you are a bad, ill-tempered person can stop you from showing your real feelings. Pushing down feelings of anger is just as unhealthy in the long term.

## Angry Kid (versus) Assertive

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.

When you assert yourself in a situation you gain the respect from the people in the room because you have shown it 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 the 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 are 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..."

## Learn your triggers?

Half the battle in learning to master your anger is identifying 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 got 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 prevent losing control. An increased heartbeat, rapid breathing, tense body, feeling like you can't stop still, tapping or clenching your fists are all possible symptoms. You can then 'anchor' your anger in and avoid reacting badly to a situation.

