

## WHY AM I ANGRY?

Everybody gets angry sometimes. It can be because something's happened, or you might feel angry without knowing why.

Anger can help to motivate us to change things, but it can also get out of control. There's a big difference between feeling angry and being abusive or aggressive.

You might need help with your anger if you're:

- breaking or throwing things
- **hitting or physically hurting** somebody else or yourself
- shouting a lot at other people
- deliberately trying to make other people angry
- getting angry all the time.

No matter what's making you angry, there are ways to cope without hurting other people or yourself.

### Top tips for dealing with anger

- Count to 10. It can help to give you time to think and calm down.
- Breathe slowly and deeply. In through your nose and out through your mouth.
- Control your tone of voice. Keep it slow and quiet.
- Use a stress ball. Or slowly make a fist and release your hands, over and over.
- Think before you react. Wait an hour before you say or do anything.

- Leave a situation. Walking away shows more strength than staying.

<https://www.elsa-support.co.uk/wp-content/uploads/anger-worksheet.pdf>