



FEELING ANGRY FACTSHEET

This factsheet will provide you with information and top tips and links to helpful websites about what to do if you often feel angry.

“I sometimes lose my temper over something or nothing and say and do really hurtful things.”

Feeling angry:

You are not alone... we all get angry from time to time. There is nothing wrong with being angry - it is a normal emotion but a very powerful one. However, anger starts to become a problem when you can no longer control it.

Why do we get angry?

It may be due to an increase in your stress levels, if you have exams coming up or are under a lot of pressure at home or school. It may also be due to relationship problems, peer pressure or physical changes your body is going through – the hormones can cause you to experience mood swings and a number of emotions which may lead to increased confusion, frustration and ultimately anger.

“I feel frustrated and stressed all of the time, I can’t sleep, can’t eat and this makes me shout at everyone in my house.”

TOP TIPS to work through to help you to begin to manage your anger:

Tip 1: Identify the problem

Find out what you are angry about and why. Try writing it down – think about what the ‘actual’ problem is e.g. your mum says you can’t go out until you have done your homework is more specific than saying your mum treats you like a child.

Tip 2: Identify a solution

Think of 3 things that could be a solution to your anger. In the situation above, the solutions could be:

- a) Shout at your mum and trash your bedroom
- b) Sneak out when your mum isn’t looking
- c) Do your homework, then ask if you can go out.

Tip 3: Identify the consequences

Think about the end result of each of the above solutions.

- a) Shouting at your mum may result in you being in more trouble and possibly having further privileges removed

b) Sneaking out may feel like the best option but when your mum finds out you would be in more serious trouble

c) This may be the most boring option but it is a 'win – win' solution. You may be later going out than planned but you do get to go out without any angry outbursts.

This plan may take some time to learn and put into practice so it might be worthwhile looking at other times when you have had an angry outburst and figure out what would have been the best solution at the time.

"I don't like being this way...

I don't have many friends and my family are sick of me shouting at them... but I don't know how to make things better."

Tip 4: Exercise

Go for a walk or a run! It has been proven that exercise is a good way to relieve stress and enhance your mood.

Tip 5: Listen to music

Music has been shown to improve your mood and provide relaxation.

Tip 6: Keep a diary

Write down your thoughts and emotions – things don't seem as bad when they are put down on paper.

Tip 7: Talk to someone

Share your feelings and emotions with someone you trust. If you can't talk to someone in your family, speak to someone in your school – a teacher or a trusted adult and they will help you or find someone who can.

"I feel so angry all of the time and can't remember the last time that I was happy."

When should I ask for some more help?

You should ask for help if:

- the feelings of anger last for a long time or it feels like you can no longer control it
- you feel irritable and grumpy more often than you feel happy
- you feel increasingly angry at yourself and others
- you feel you may want to hurt yourself or others
- you are often arguing and fighting with others.

VISIT THESE USEFUL WEBSITES

www.kooth.com

Free online counselling and support

www.childline.org.uk/info-advice/your-feelings/feelings-emotions/anger/

Information & advice on Childline webpage

www.nhs.uk/conditions/stress-anxiety-depression/about-anger/

NHS Choices webpage offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.

[What To Do If You Are Struggling With Anger | YoungMinds](http://www.whatto.doifyouarestrugglingwithanger.org.uk/)

Youngminds charity webpage for children and young people's mental health