

Controlling anger

Do you have an anger problem?

If you have an anger problem you would be aware of it by now. We can teach ourselves how to take control over our anger but it is a process and you need to be willing to work on it.

Here are some aspects that is happening on a physical and emotional level during an anger outburst:

How you feel:

- Anger or Rage
- Irritated
- Restless, on edge, uptight
- Flashes of rage

Physical Signs

- Heart pounding
- Tight Chest
- Stomach churns
- Legs go weak
- Muscle tension
- Temperature rises
- Sweating
- Head buzzing

How you think:

- Poor Concentration
- 'Blank' Mind
- Thinking the worst of people
- Everything seems like a big problem
- Experience unfairness

What do you do?

- Snappy and irritable behaviour
- Shout and Argue
- Leave the situation
- Throw or hit an object
- Hit out

Top Tips in controlling your anger:

- Use a quick relaxation or breathing exercise
- If you tend to get angry at certain times when you talk to them e.g. early in the morning, try and talk to them calmly at different times of the day.
- Avoid things that make you angry (e.g. if you know that travelling in peak times make you angry, try and avoid it)
- Count to ten before you respond.
- Go for a quick walk.
- Ask yourself: 'Why is this making me angry?'
- Ask yourself: 'Is it worth getting angry about?'

Where can I go forward from here?

Well the best place to start is your GP. He will decide what the best treatment is. (Talking therapy or tablets or both) From there he can refer you to your community mental health team.