

Anger is OK..... but think!

Anger is an important emotion, one of many which help us navigate our way through life. Anger is a feeling, not a behaviour. Anger is not aggression or violence, it can protect us, let us know our rights are being violated, and/or that there is something we need to address in our lives. Remember to respect your anger and use it to improve yours and others' lives.

Think!

Don't hurt others

Don't damage property

Don't hurt yourself

Acknowledge and respect the feeling, talk about it, or try some of these ideas:

- Have an honest conversation
- Realise you have a choice about how you will respond
- Become aware of your thoughts
- Be assertive (instead of passive or aggressive)
- Notice your Self talk (tell yourself to “stop”)
- Avoid certain triggers if possible – like the phone
- Pick up on the early signs of tension growing
- Go for a walk
- Visit a place where you usually feel calm
- Yell into a pillow
- Let go of the tears, cry
- Laugh at yourself
- Take TIMEOUT
- Take a deep breath
- Go outside somewhere safe, and shout, but not at people
- Relax
- Ground yourself using your senses (smell, touch, sight, hearing etc)
- Write for 20 minutes
- Exercise
- Housework (beating a rug)
- Sing out loud
- Listen to serene music, and avoid music that “amps” you up
- Meditate
- Dig in your garden
- Be gentle with yourself; be your own best friend
- Take one day at a time.
- “Water off a ducks back”
- Remember all the times you have managed to resolve difficulties

Talk to someone safe

- Caring and supportive friends
- Someone impartial
- Counsellor
- Telephone counselling
 - Directline
 - Lifeline