

What to do if you're feeling angry



If you find yourself getting angry, it can be useful to have some strategies in place to help you relax and better cope with the way you're feeling. Our young activists put together these handy tips to help you understand your anger

Try a relaxation technique

- Take deep breaths
- Try an action that helps you feel something different, like doing something you enjoy
- Step away from the situation
- Listen to music
- Do some sports or exercise
- Go for a walk

Write it down

Keep a note of how you're feeling:

- What happened that made you angry
- How did you respond? Did it help?
- How did you feel afterwards?
- What else is on your mind? Is there something making you feel worried, scared or alone?

Talk it out

It helps to talk about how you're feeling. Try saying:

“ I've been feeling really wound up recently and I'm starting to think something might be wrong. Can I talk to you about it? ”

“ I want to talk to you about something that's been bothering me. ”

For more tips and advice on coping with anger, visit [youngminds.org.uk/anger](https://www.youngminds.org.uk/anger)