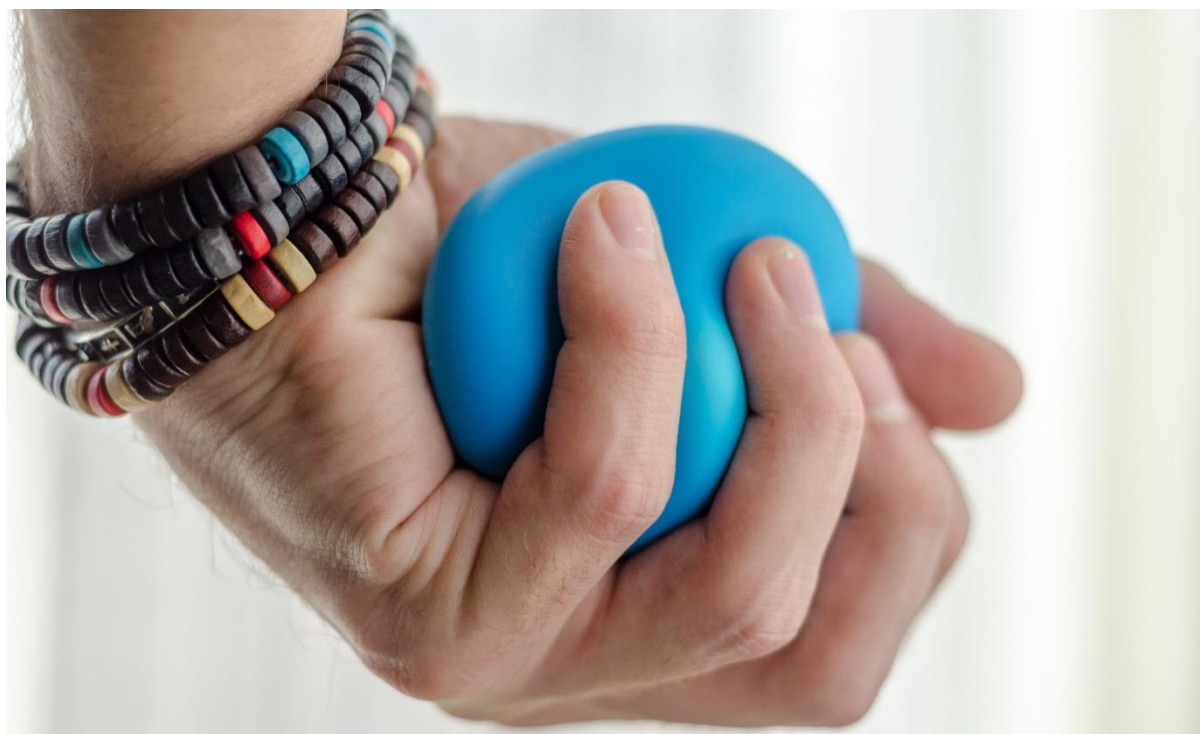


Top tips for managing anger

Anger is a normal reaction and emotion. It can be very helpful as it motivates us to do something to right a wrong but it can also lead us into problems if not channelled the right way. Here are some top tips from other young people that have experienced anger and some things that have helped them. See what works for you. Once you are a little calmer, try to distract yourself with activities from your Hope box.



Pause for thought

Try asking yourself, how important will this be tomorrow? How important will this be in 6 months' time?

Do something to physically burn off some of the adrenaline that anger can create

- Do some exercise: go for a run, fast walk, cycle ride, swim etc.
- Rip up a big newspaper quickly.
- Use a punch bag or big cushion to expel your anger.
- Scream into a pillow.
- Go outside and throw some soft balls or soft toys around. Throw a tennis ball against a wall.
- Try a mindful breathing exercise. (Use one of the recommended apps to guide you).
- Try listening to some music to help calm you down.
- Practice calming breathing - try breathing in for the count of 7 and out for the count of 11. Repeat this at least 5 times. This one act alone will help reduce the physical sensations, emotions and intensity of thoughts.

Walk away from the situation

You can come back and talk later.

Things that help me when I'm angry: