

# ANGER

Anger is a perfectly valid emotion. It often gets people in to trouble as they act on it impulsively. Learning to slow down the process between feeling anger and acting upon it in a way that is detrimental to you or your relationships takes practice. Below are some tips that may help you manage your anger more effectively.

**Notice your triggers:** Anger can be situational by learning what makes you angry you may be able to spot the pattern and manage triggering circumstances in an easier way.

**Breathe:** Try a breathing exercise, breathe deeply into your lungs whilst counting try to see if you can breathe in for a count of 4 and out for a count of 6. You can also try breathing in thinking about the air going into your body being cold and the air coming out of your body being hot. Repeat until you feel calmer.

**Safe Outlet:** Hitting a pillow, tearing up paper or screaming into a pillow can be safe outlets for your anger. If there are several things you are angry about try writing them down and then shredding or tearing the list. A proven technique is to write to someone that you are angry with in order to externalize your anger, you don't need to send the letter after it is written.

**Walk Away:** Removing yourself from the situation can provide you with time to think about how you want to react to the situation.

**Be Active:** Being more active, walking, yoga, a gentle swim can all help to release tension.

**Avoid Stimulants:** Alcohol and drugs can impair your ability to control your emotions and actions and therefore your reactions to things that make you angry.

**Sleep:** A good nights sleep can have a positive impact on your mood. Get a routine and turn off electrical screens which stimulate the brain.

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**Communicate your Feelings:** Expressing your anger in an assertive and respectful way can benefit your self-esteem. Stick to 'I' statements; "I feel angry because... I struggle with... I am not coping well with... I would like to change..."

**Clench & Release:** Practice clenching and releasing the muscles in your body as a way of releasing tension.

**Talking Therapy:** Try talking to a counsellor or find an anger management course in your area to provide you with more strategies to help you manage your anger.

**Distraction:** Sometimes distracting yourself with something else can help your anger dissipate rather than escalate.

**Time:** Be aware that it can take 20 minutes for your adrenaline levels to fall after you become angry. Give yourself enough time after becoming angry before approaching the person that may have been a part of the argument.

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