

Self help matters.

Helping you to find your solutions

Anger Management

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Anger is a key emotion associated with feelings of threat or danger, a sense of injustice or wrong or because of frustration or unhappiness. But many of us confuse anger and aggression, which means that our own expression of anger can be inaccurate or misplaced.

Anger can be a legitimate and important means to assert or protect ourselves. If we don't express anger, we may be bottling up an important self-expression and inadvertently contributing to high blood pressure, heart problems, depression, anxiety, colds, flu and digestion issues.

But there's a thin line between a healthy, short-term and appropriate expression of anger and a destructive, brooding, vindictive and potentially violent aggression. Effective anger management is two-fold: how we deal with our own anger and how we react to anger from someone else.

Top Tips

Anger in Others

Find the reason. What is really going on for them that's triggering their angry outburst? By understanding, and appreciating, how and why other people might express anger, you will learn how to articulate your own anger or your response to theirs.

Appropriate. Even if you do find out why they're angry, is it appropriate? It might be overblown or a far stronger reaction than is appropriate for the situation. It doesn't mean it's right or that you have to just absorb it.

Anger in Yourself

Count to 10. Take a 'time-out' and count slowly from one to ten, so you can calm down.

Spontaneous. Sometimes, the difficulty with anger is that it's an immediate, unprepared response but ask yourself, "Why am I feeling angry here and why now?" You can think and act differently based on what your answer might be.

Build up. Not all anger is spontaneous. It can be the result of brooding over something or a repeated "drip-drip" build-up effect. Take a step back and consider how to stop this escalation. Get out of the situation or change something.

Deep breaths. Take a deep inhalation through your nose to the count of five, hold it for a count of four then slowly exhale through your mouth to the count of five. Do this a few times to help calm down.

Exercise. A good walk can sometimes help you calm down and put things into perspective. Any form of exercise might help.

Reduce stimulants. Some stimulants like coffee, tea, tobacco and alcohol can make your feelings of anger worse. Reduce stimulants to calm down.

It's good to talk. Talk it through with someone. A counsellor can help you work through your reaction and responses.

Manage stress. As stress is a key contributor to anger, it's helpful to understand what causes you to feel stressed and what you can do to better manage it.

Inward. Depression is sometimes caused by "inwardly turned anger", where patterns of blaming or hating yourself start to corrode your sense of self.

Resources

MOODJUICE

How to deal with anger, with a printable self-help guide



Opening Hours: Online

www.moodjuice.scot.nhs.uk/mildmoderate/Anger.asp

MIND

Information on issues surrounding anger



Opening Hours: Online

www.mind.org.uk/information-support/types-of-mental-health-problems/

BIG WHITE WALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



Opening Hours: Online

www.bigwhitewall.com

MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



Opening Hours: Online

<http://mindfulnessforstudents.co.uk/>

UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



www.abdn.ac.uk/infocenter/support

BIG WHITE WALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



Opening Hours: Online

www.bigwhitewall.com

If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - www.abdn.ac.uk/counselling