

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Anger:

Anger is a **normal human emotion** that we all feel sometimes. Anger can be:

- **Outward**– acting aggressively towards other people, shouting, swearing, hitting, or breaking things
- **Inward** – hurting yourself ie self-harming, or being very critical/unkind to yourself
- **Passive** – ignoring people, being sarcastic or sulking

When does my anger stop being 'normal' and becomes a problem?

Even though anger is a normal human emotion, it can also become a problem if you find;

- It negatively affects your relationships with other people
- You don't know what is causing it
- It goes on longer than it should
- Nothing seems to calm you down anymore
- You hurt yourself or another person

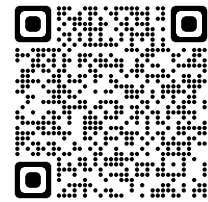
What can I do to help manage my anger?

One of the most important things is to work out **what is triggering it**. Anger is often a snap reaction we have when we're feeling **something else**...look at the Anger Iceberg in 'Helpful resources' - are there any **other emotions** you're feeling underneath?

Channel your angry feelings in a **healthy way** through:

- Art (painting or drawing your feelings)
- Exercising or doing contact sports
- Journaling or writing down why you're angry
- Talking to a friend, family member or your Eye to Eye counsellor
- Ripping up sheets of paper or punching a pillow to get it all out
- trying the YouTube breathing exercise in 'Helpful resources'
- going for a walk outside to cool down
- making an 'angry music' playlist and singing loudly

Find out what works for you!



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

ChildLine

0800 1111

www.childline.org

(online chat available)

The Mix

0808 808 4994

www.themix.org.uk

(online chat available)

Helpful Resources

[Mind Journal: Anger Iceberg](#)

[YouTube: Anger management techniques](#)

[YouTube: Take a deep breathe](#)

[Young Mind: Anger](#)

[The Mix: Dealing with anger](#)



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