

# Anger

Everyone gets angry sometimes, but dealing with anger isn't always easy. It's important to first work out the reasons you get angry. If you feel that your anger has become a problem, it is worthwhile asking someone to help you develop strategies to cope with your anger in a more productive way.

## Anger

Everyone gets angry. Some people get angry easier than others, and different things will trigger anger for different people. You can deal with and manage anger so it's not damaging or violent.

## Dealing with anger

Dealing with anger ensures that it doesn't get bottled up which is really important for your health and the health of those around you. Holding on to anger can be really dangerous, because it could come out in ways you're not expecting.

Things you can do to deal with anger are:

**Count to 100.** The actual counting doesn't help, but thinking about something other than what's angering you for 100 seconds can help you avoid blowing a fuse.

**Leave and come back.** Sometimes you'll be too angry to deal with something in a good way. If this happens, recognise it, leave, and come back when you're calmer and can approach the situation differently.

**Do something physical.** Exercise is one way to get your anger out.

**Distract yourself** with video games or tunes if you're at boiling point. Come back and deal with what's bothering you when you're not quite as angry.

**Talk to someone.** You could offload to a counsellor, friend, family member, psychologist or other mental health worker. Counsellors are especially good because they're trained to deal with this stuff, and don't have a stake in the situation that's making you angry. If you want to talk to someone NOW, call Kids Help Line (1800 55 1800) or Lifeline (13 11 14).

**Relax.** Learn relaxation techniques, go to a quiet, calm, place like a park, and let your anger lessen. Then come back and deal with the causes of your anger once you're calmer.

## This could be for you if ...

- › *You get angry often, or know someone who does*
- › *You want to know how to deal with your anger*
- › *You want help dealing with anger*
- › *You want to be less angry*

## Take action...

- › *Learn some relaxation techniques*
- › *Talk to a psychologist*

## I keep getting angry

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If you're getting angry often, or for no reason, you might need to get outside support. If your anger comes out in violent ways, or you're physically lashing out, you should talk to someone you can trust who can help you. Talking to a doctor, counsellor, psychologist, nurse or other health worker is a good place to start.

## Help with anger

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You can get help if anger is causing you problems or you can't control it. If there are people around you telling you you're too angry, find someone to help you with it. Try a doctor, counsellor or other health worker.