

# Anger

## What is Anger?

- In situations in which we feel uncertain or threatened, the body naturally releases adrenaline as part of the fight/flight response.
- We either feel anxious and escape/avoid a situation due to the flight response OR feel angry and irritable/aggressive due to the fight response.
- Anger becomes a problem when we experience it intensely or on a regular basis for every situation in which we feel uncertain or threatened.
- Becoming angry is unhelpful when it results in us losing control of our thoughts and behaviours, when we don't handle the situation as we might like and if we often regret what we do or say.

## How does it change my thoughts?

- “I hate you”
- “Get away from me”
- “I’ll lose control”
- “Something bad will happen”
- “It’s your fault”
- “You’re not listening to me”
- “You don’t understand”
- “Stop ignoring me”.

## How does it change what I do?

- You may stop being able to think clearly and instead focus purely on your angry feelings.
- You may stop socialising and interacting with others for fear of what you might do or say.
- You stop doing the things you enjoy as you may no longer feel you deserve them.
- You hurt yourself or those around you, either physically or verbally.

## What can I do to help me feel better?

- Relaxation techniques including breathing exercises/muscle relaxation.
- Walk away from the situation until the adrenaline goes and you can think clearly.
- Challenge your thoughts; ask yourself “Is this worth getting angry about?”
- Use problem solving to help plan how you might manage a situation better.

The information in this leaflet is available in additional languages and alternative formats.

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