



Often anger is a cover for another emotion. When you feel angry take a step back and try to think about whether this is blocking sadness, anxiety, disappointment, hunger, stress and sit with that feeling instead.

Self-reflection

Recognise your triggers and try to avoid them. When this is impossible, use calming measures to help you manage anger.

Breathing

Find some relaxing breathing techniques that you can use when angry. Try to breathe in for a count of four and out for a count of six. This will help calm the body down.

Think it over

Think before you speak. Anger can make us say hurtful things so really think about what you say to others when angry.

Exercise

Exercise can help burn off anger energy and can help you calm down.

Explain

If arguing, don't tell the other person what they are doing wrong but use "I" statements to explain how you feel

