






## Are you Out of Control?



There are a few tell-tale signs that will help you tell whether your anger is out of control or not.

-  You are angry constantly even about the smallest things
-  You act aggressively such as shouting, hitting or plotting revenge
-  You are angry for a long time even after the event has passed
-  Things that didn't use to bother you are suddenly a major issue
-  You act in a self-destructive way that is not healthy or safe for you



## Anger—The Science Behind It

Anger is an emotional state that can range from mild irritation to intense fury and rage. Feelings of anger actually produce physical changes in the body.

When you get cross energy surges through your body and chemicals, such as adrenaline, are released, and your heart rate and blood pressure go up. This causes the reasoning part of your brain to shut off for a short while. In worst cases this can mean that you often react blindly to situations.



## WHO CAN HELP ME?

Ms Ball  
Mrs Pascoe  
Mrs Bramt



Appointments can be arranged or drop-in during break and lunch

For day-to-day help. They can also point you towards additional support

[www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.childline.org.uk](http://www.childline.org.uk)  
[www.Hampshirecamhs.nhs.uk](http://www.Hampshirecamhs.nhs.uk)

## Additional Sources of Information

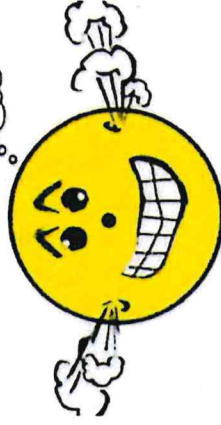
~ Calthorpe Park is a Rights Respecting School ~



### Article 12

You have the right to give your opinion, and for adults to listen and take it seriously.

# Dealing with ANGER



## ANGER MANAGEMENT

Control your anger before it controls you!



## Dealing with Anger

Some people choose to ignore or bottle up anger, but this approach may actually cause more harm because the root problem is never addressed. Instead, try to manage anger so it can become a more positive emotion. Here are some ideas:

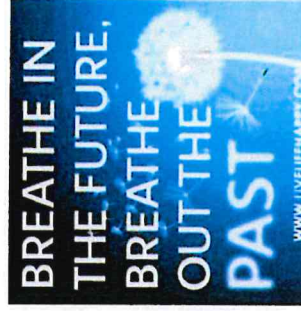


## Rest is Important!

**Think positively**— Remind yourself that the world is not out to get you, but rather you're just experiencing some of the rough spots of daily life.



**Relax and Breathe**— Breathe deeply from your diaphragm (your belly, not your chest) in through your nose, out through your mouth. Slowly repeat a calming word or phrase like "take it easy." Think of relaxing experiences, such as sitting on a beach or walking through a forest.



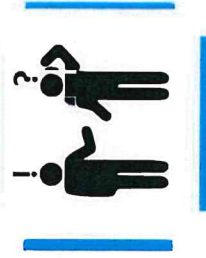
**Have a word with yourself**— Ask yourself if there is a real reason to get so mad? Somebody "disrespecting" you, having a different opinion to you, getting in your way, slowing you down, being luckier than you, or doing something better than you do it, are not reasonable causes of anger.

## Approach it head on!

**Problem Solve**— Identify the specific problem that is causing the anger and approach it head-on even if the problem does not have a quick solution.

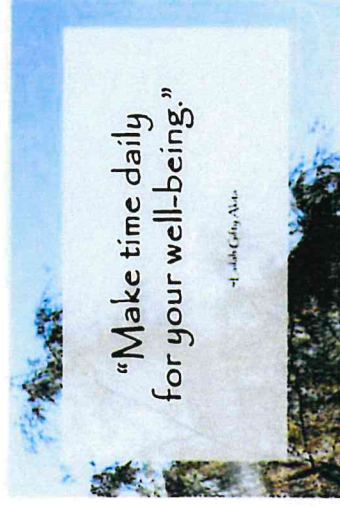


**Communicate with Others**— Angry people tend to jump to conclusions. Slow down and think carefully about what you want to say. Listen carefully to what the other person is saying. At times, criticism may actually be useful to you.



**Manage Stress**— Make sure to set aside personal time to deal with the daily stresses of school, activities, and family. Ideas include:

- Listening to music
- Writing a diary
- Exercising
- Meditating
- Talking about your feelings with someone you trust.



**Change the Scene**— Maybe a change of environment would help reduce angry feelings. For example, if your friends are angry frequently and/or make you angry, consider making some new ones who may contribute more to your self-confidence and well-being.

**Stop!**— Take a few minutes to allow the chemicals in your body to stabilize again. Then talk about it and communicate your opinion or feelings in a calm and logical way!

