

Anger

ANGER CAN HELP

Everyone feels angry sometimes and feeling anger is OK. It can help get you through a tough situation, help you understand yourself better, and can motivate you to change things you don't like about your life.

Anger can become a problem when it begins to impact your daily life and causes you to react in a way that might hurt you or those around you physically or emotionally.

WHY DO YOU FEEL ANGRY?

Anger can be our way of expressing or responding to a range of other feelings like:

- Frustration
- Embarrassment
- Guilt or shame
- Jealousy
- Grief and loss
- Feeling unable to control a situation
- Feeling threatened or frightened
- Feeling unfairly treated
- Feeling misunderstood or not listened to

ANGER VERSUS AGGRESSION

Anger can sometimes lead to people being aggressive or violent (eg physically, verbally) but they're not the same.

Anger is a feeling, but aggression and violence are actions, and its these actions that can lead to problems.

Signs anger might be a problem include

- Feeling angry a lot or all of the time*
- Behaving aggressively or violently*
- Having trouble expressing your anger*
- Using alcohol or other drugs to manage anger*
- Using aggression to get people to do things*
- Withdrawing from people or situations*
- Bottling things up*



Difficulties with anger can be a sign that someone might be experiencing sadness, depression, isolation, discrimination, or other mental health difficulties.

Anger

HOW TO MANAGE ANGER IN A HEALTHY WAY

Understand your triggers. Think about what normally triggers your anger. It might be possible to avoid these situations or react differently when they happen.

Signs of anger include feeling hot, fist or teeth clenching, faster heartbeat or tightening in the chest.

Understand why you're feeling angry. Ask yourself questions like:

Did someone do or say something that upset me?

What other feelings are happening for me?

Does the situation bring up bad memories?

CALM YOUR REACTIONS DOWN

Here are some techniques to calm yourself down:

- *Slow your breathing – take deep slow breaths*
- *Take a break and leave the situation*
- *Use distractions eg count slowly to 10*
- *Get into nature*
- *Talk with someone*



GETTING SUPPORT

There are plenty of ways to manage anger so that it doesn't get in the way of your daily life or impact other people. Check out our tips for tough times, for how to look after your mental health and wellbeing.

If you've tried some of these strategies for some time without improving, it's time to reach out to **Rural Aid's Mental Health & Wellbeing** team by calling **1300 327 624** or by emailing mhwb@ruralaid.org.au.

If you are in immediate distress or are thinking about hurting yourself, **call 000** or talk to someone at **Lifeline (13 11 14)**.