



Student Wellbeing

Anger

Anger is a normal human emotion, but the management of anger can sometimes be a problem.

Anger can lead to people being aggressive or violent, but they are not the same. Anger is a feeling, while aggression and violence are actions. Anger can sometimes be intense and overwhelming, but it doesn't mean the person experiencing anger becomes violent or aggressive.

Anger can range in intensity from mild irritation to intense rage. Everyone feels angry from time to time. It is a state of heightened arousal which is influenced by your thoughts, interpretations of events, and your coping skills and available supports.

It is usually associated with other emotions like feeling threatened, frightened, unappreciated, disappointed, worried, embarrassed, or frustrated or the perception that you are being treated unfairly.

Tips for managing anger

- Become aware of what 'triggers' your anger and be prepared for your reaction.
- Be aware of your physical warning signs – there is a 'fight or flight' response when we are threatened – you may feel increased heart rate, faster breathing rate, sweaty palms etc.
- Notice your thoughts and try not to get 'hooked in' by the intensity of them, instead 'cool' them down – say to yourself "this will pass" or "I can handle this respectfully".
- Notice where you feel tension and make room for it.
- Take time out – walk away from situations until you 'cool down'.
- Develop healthy sleep patterns, eat well and exercise regularly.
- Use relaxation techniques, such as controlled breathing or grounding.
- Avoid alcohol and substances that may increase anger.

Get physical: Physical exertion can change a person's internal state. Activities like pounding a ball, kicking a footy, doing push-ups or dancing can work.

Relaxation: Learning relaxation techniques can be effective in calming down enough to think more clearly and not be taken over by emotions. Taking deep breaths or tensing and releasing the muscles are useful exercises to practise. Having a shower can be relaxing.

Connect with pets: Animals can have a calming effect on humans. Cuddling the cat or playing with the dog can be comforting or a good distraction.

Music: Music is a powerful way of changing a mood. Playing a musical instrument can be a creative release. Drumming is a great way to regulate strong feelings and can be done with a drum kit or a homemade version.

If your anger is affecting your functioning, your relationships and significantly impacting on your life please reach out for help.



Online resources:



ReachOut - Anger



Lifeline - toolkit

Apps:

Search on app store or google play

Smiling Mind



Calm

