

## Managing angry feelings

Anger = a strong feeling of being upset or annoyed.

Anger can be a **reaction** to something that has happened or **just something that we feel** but we don't know why.

Everyone feels angry sometimes. This is completely normal. When we feel angry, we need to know how to deal with these feelings safely and feel calm again.



### How you can tell if you are angry

Our minds and our bodies tell us when we are angry. We need to be able to spot the clues that tell us that we are angry so that we can stop the feelings before they get out of control.

Here are some things that you might feel:

<p>Tense muscles</p> 	<p>Clenched teeth</p> 	<p>Heart beating fast</p> 
<p>Clenched fists</p> 	<p>Swirling stomach</p> 	

All of these things happen because a hormone called "adrenalin" goes into our blood when we are angry. Adrenalin gives us energy.



## Reactions to feeling angry

If you realise that you are feeling angry, what you do next is really important. You can't always control the things that make you angry but you can control your **reactions** to them.

**Negative reactions** are things that you **should not do**, like:

- Hurting yourself
- Hurting other people (physically or with words)
- Breaking things



**Positive reactions** are things that you **should do**, like:

- **Letting your anger out safely.** You could try:
  - Punching a pillow
  - Screaming into a cushion
  - Talking to someone that you trust about your feelings
- **Trying to feel calm again.** You could try:
  - Going for a walk or run (this will get rid of some of your adrenalin)
  - Counting slowly to ten
  - Having a warm bath



## Useful websites and helplines

Here are some websites that you could look at, or numbers you can call, if you want to know more about managing angry feelings, or need some help:

### Young Minds

<https://youngminds.org.uk/find-help/feelings-and-symptoms/anger/>



### Childline

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/anger/>

Phone number: 0800 1111

### Mind

<https://www.mind.org.uk/information-support/for-children-and-young-people/anger/dealing-with-anger/>

Phone number: 0300 123 3393

### The Children's Society

<https://www.childrensociety.org.uk/information/young-people/well-being/resources/anger>

And don't forget, you can contact SENDIASS for help too....

[Bradford SENDIASS | Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk/bradford-sendiass)

Phone number: 01274 513 300

Email: [bradfordSENDIASS@barnardos.org.uk](mailto:bradfordSENDIASS@barnardos.org.uk)

Facebook: <https://www.facebook.com/BradfordSendiass/>

Local Offer: <https://localoffer.bradford.gov.uk/>



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