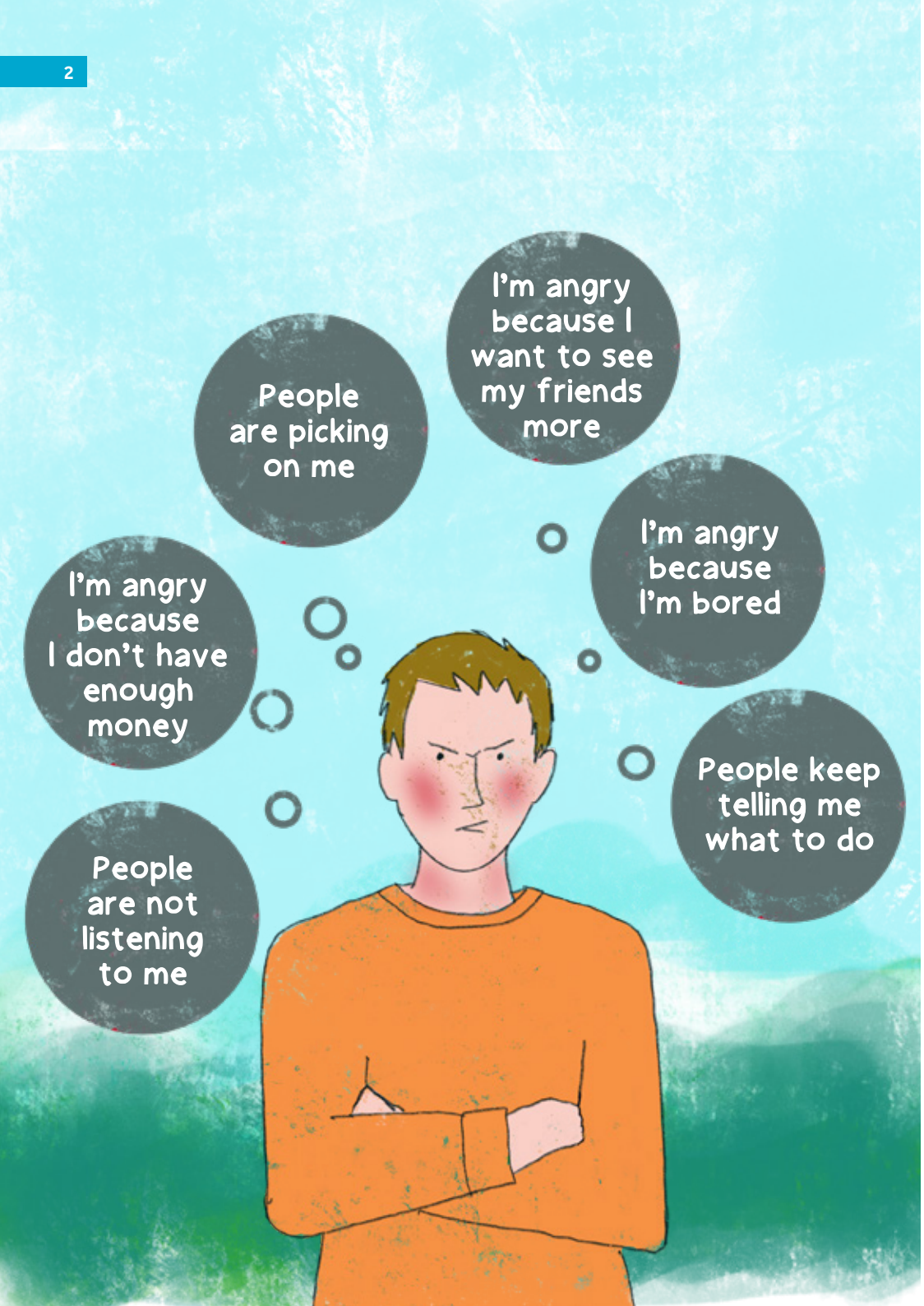
Feeling angry and staying calm





Feeling angry is a normal feeling.

Everyone has different feelings. There are times when everyone feels happy or sad or angry. So it is okay to feel angry sometimes. It is a normal feeling.

You can get angry when you think people are being unfair or treating you badly. You can get angry when you are feeling fed up or uptight because you can't do things that you want to.

Some people can feel angry when their support changes and they don't get out as much as they used to or when people leave.

When does anger become a problem?

Anger becomes a problem when we keep losing our temper and we lose control over what we do. When we shout a lot we can upset other people, even people we love. When people are frightened of us, we can scare them away. In the end, that can make us feel upset and bad.

George's story

George is feeling angry. He is not going out as much as he used to. There is no one to go swimming with. He feels uptight a lot of the time. He wants to see more of his friends. George gets angry at his volunteering when his boss asks him to tidy some shelves. He thinks his boss is picking on him. George shouts at his boss. He leaves the shop and bangs the door on his way out.



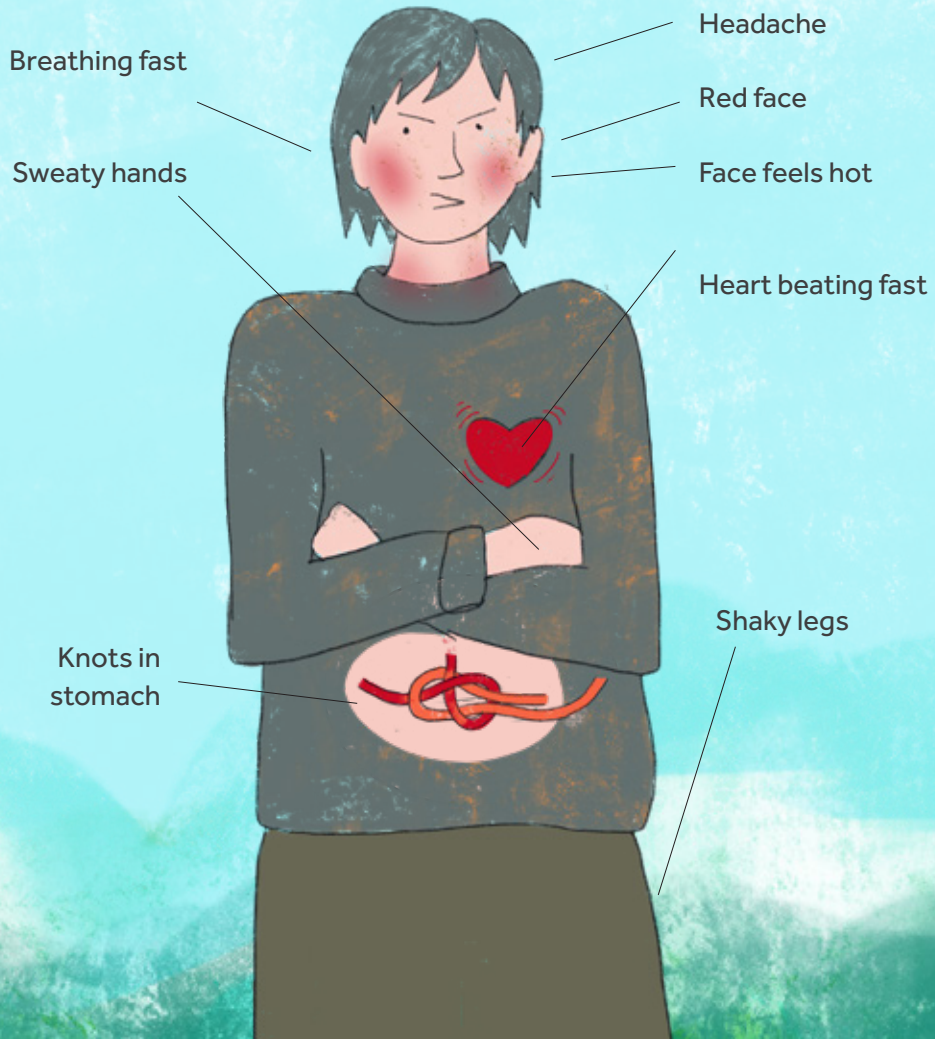
What are the things that make you angry and lose control?

	Yes ✓	No ✖
People not listening to me	✓	✖
Not able to do what I want to do	✓	✖
People telling me what to do	✓	✖
People picking on me	✓	✖
Change in my routine	✓	✖
Not able to see my friends/family	✓	✖

There might be other things that make you feel angry.
Are there any other things that are making you feel angry?

Different things can happen when we are angry and lose control.

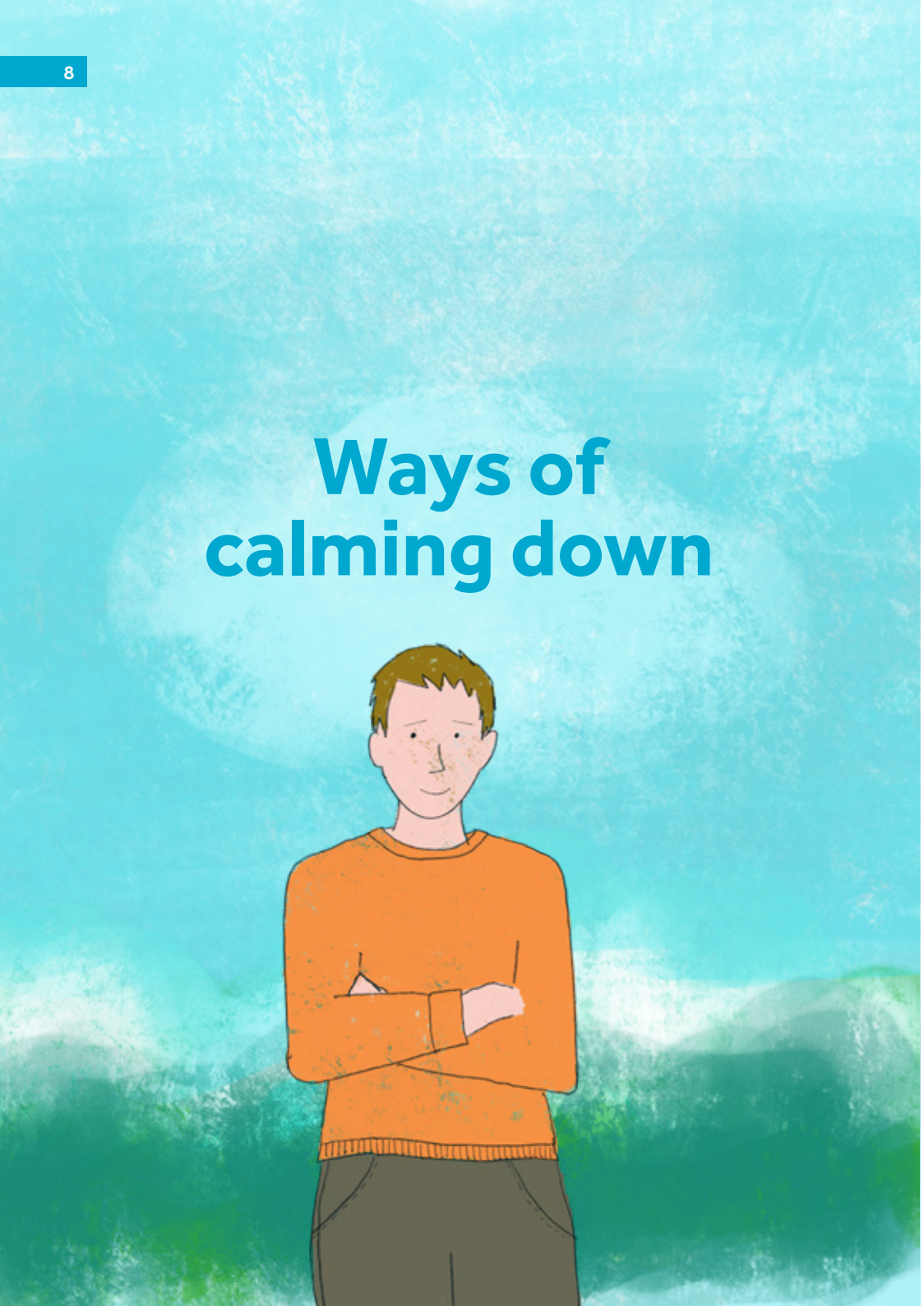
It can happen very fast and our bodies feel different.



What happens to your body when you lose your temper?

	Yes ✓	No ✖
Red face		
Face feels hot		
Heart beating fast		
Fast breathing		
Sweaty hands		
Headache		
Shaky legs		
Knots in my stomach		
Any other things		

Ways of calming down



1. Catch it early – take your mind off it

When you feel like you are going to lose control, you can try to do something that helps you to calm down.

George's story:

George is feeling angry because his mum has just asked him to help with the washing up. George gets angry when he thinks that other people are bossing him about. He is angry at his mum. A favourite hobby of George's is listening to music. It helps him to calm down. Instead of shouting at his mum, he goes to his room to play his music. George starts to feel calmer and more in control. He knows his mum is not really trying to annoy him. He goes and talks to her about how he is feeling. He helps her with the washing up.



Tick which of these you enjoy doing and can help you feel calmer.

Watch your favourite TV show	
Go for a walk	
Spend time in the garden or a quiet space	
Have a lie down to rest	
Look at your phone or computer/play a game	
Read a magazine/book	
Speak to family/friends on the phone	
Listen to music	
Play with your pet	
Speak to or phone a support worker you get on with	

Make a plan of 3 things that you could do if you feel that you are losing control.



2. Catch it early – a relaxation exercise

When we feel angry the muscles in our body become tense or tight. If you can relax these muscles when you are angry this can help you.

When you are tense it is hard to think clearly. If you relax your body it can help you to think more clearly and take control.

- **Sit on a chair.**
- **Take a few slow, easy breaths.**
- **Breathe in through your nose and out through your mouth, if this feels comfortable.**
- **You can count these breaths 1 – 2 – 3.**
- **Let your shoulders relax. Try and let your muscles go soft and relaxed.**



There is a film you can watch that tells you how to relax. You can find it at https://youtu.be/b7IjhxEtSXw

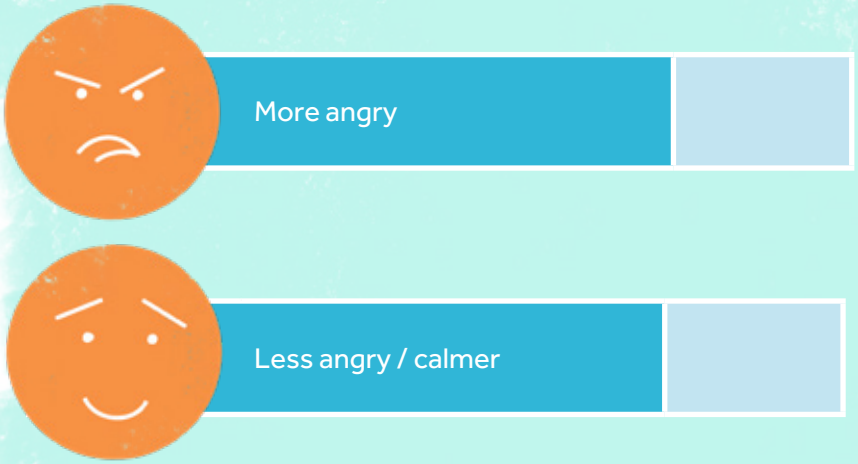
3. Stop and think

When we get angry a lot, we can be very quick to think that people are being nasty or putting us down.

And it can be hard to get these upsetting thoughts out of our heads. Sometimes we're too quick to think someone's being nasty and we don't get it right.

If you lose your temper with people a lot, stop and think is there a different way of looking at this? Are people really being nasty or are they just trying to help? What if they are trying to be helpful or don't really want to upset you?

How does it make you feel to think differently?



Mary's story

Mary's support worker, Angela, helped manage her bills and her money. Mary liked Angela but she didn't like Angela telling her what to do with her money. Mary got very angry with Angela.

When she was calm, Mary talked to her sister about her angry feelings. Her sister said that Angela might have just been trying to help. Mary thought about what her sister told her. When she said to herself 'Angela is only trying to help', it made her feel better and calmer.

Mary and her sister arranged to go out with Angela and talk about it.



Making a plan and practising

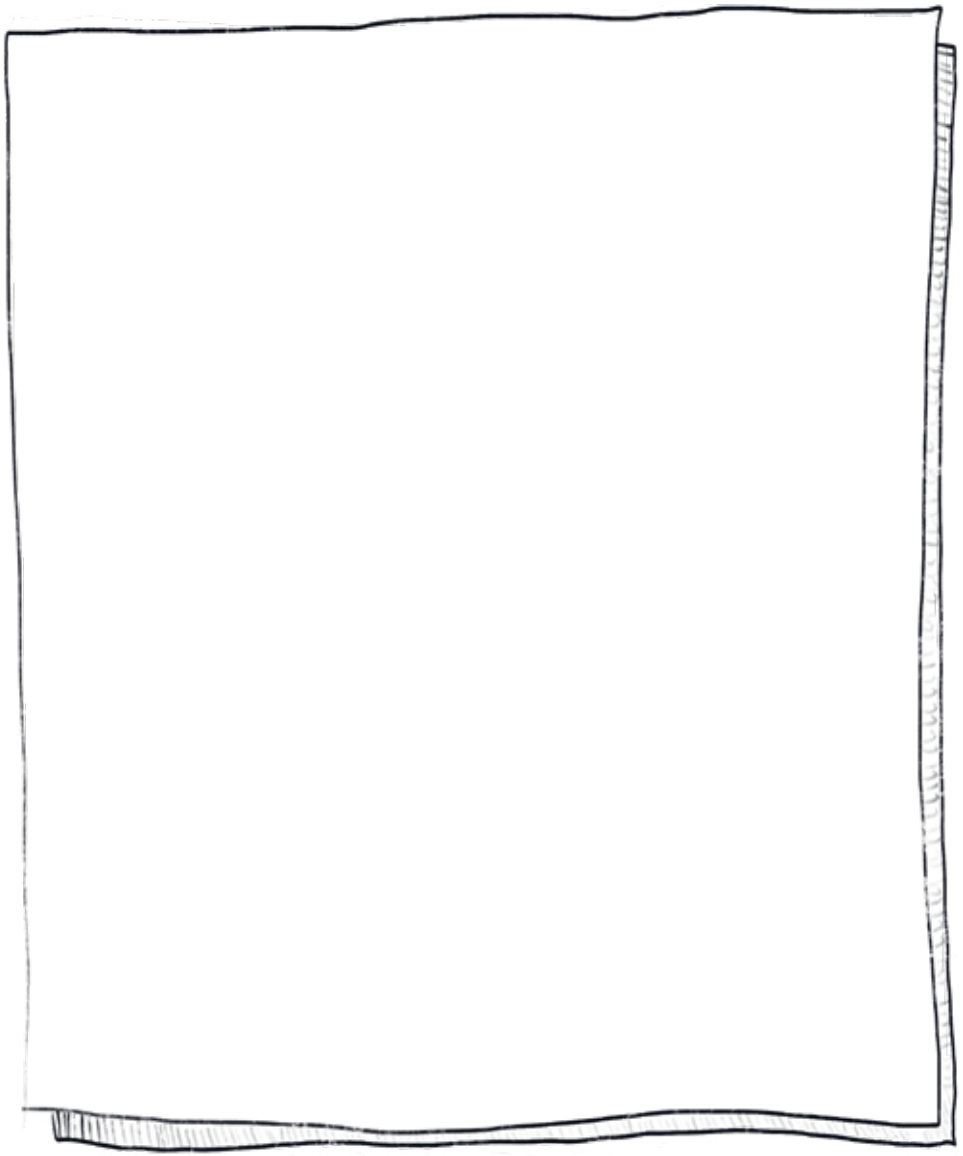
There are different ways of managing our anger. Pick 3 things that might help you feel calmer. Use these pages to make a plan. Remember, change doesn't always happen straight away. You need to practise to make your plan work.

1

2

3

Notes





This booklet was produced by
University of Glasgow

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