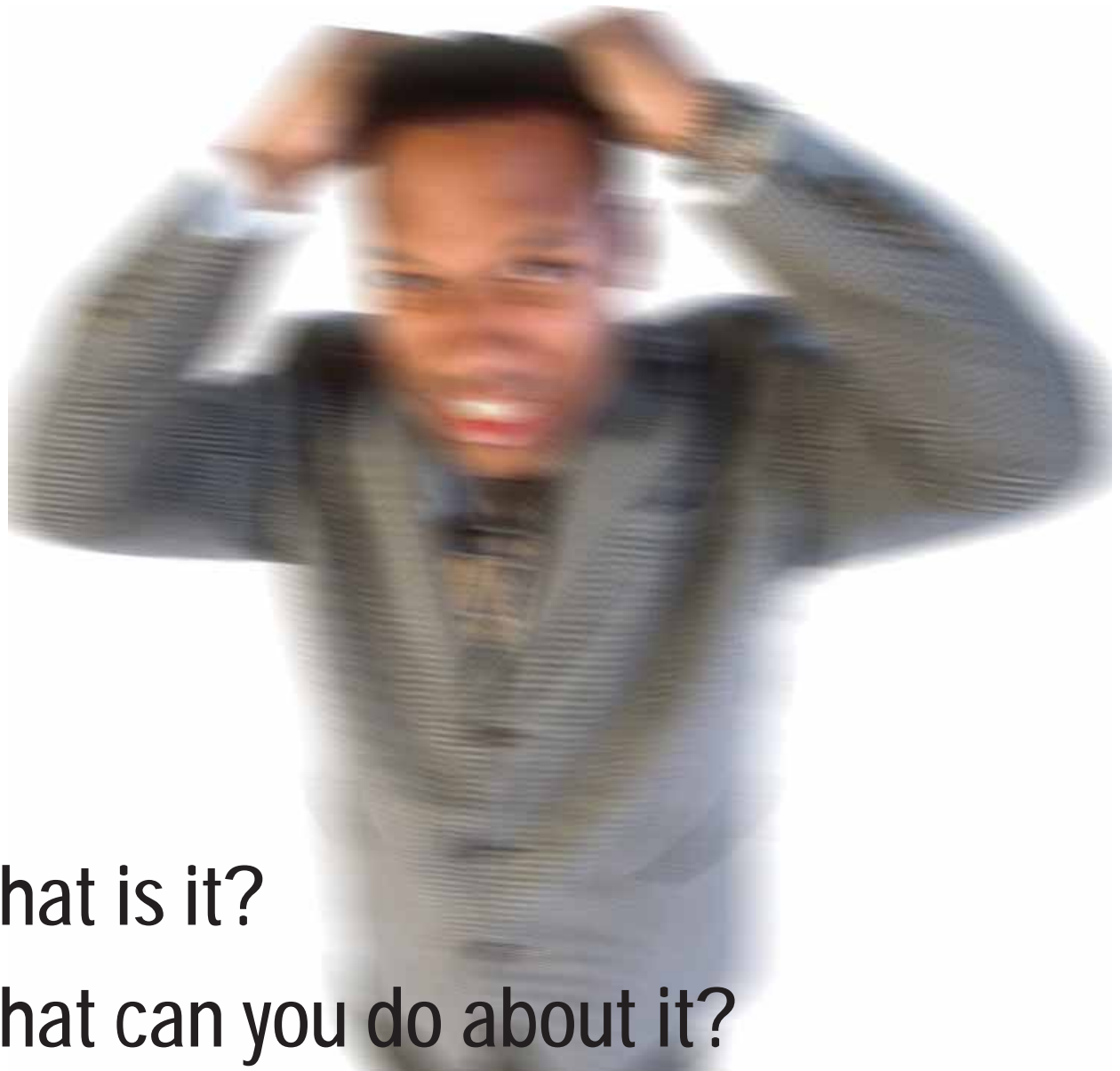


Anger



What is it?

What can you do about it?

A booklet for people with learning disabilities

By Greenwich Community Learning Disabilities Team

Design: www.workingwithwords.org

Oxleas 
Foundation Trust

 Greenwich
Council

What is anger?

Anger is a natural feeling, just like being happy or sad.
People get angry for different reasons.

When people get angry, it affects their:



Body

the way your **body** feels



Thoughts

how you **think**



Feelings

how you **feel**



Behaviour

what you **do**

Things that make people angry

We all feel angry sometimes. Different things make different people feel angry.

Anger can be set off by many different things



A situation



A person



A thing

People can become angry with things that happen to them from the outside:



No money



Noise



Other people

People can also become angry because of the way they feel about themselves



Can't cope



Low confidence



Can't do things on time



Feeling sad

People also feel angry with things that have happened to them in their lives:



Loss

When someone you like has died or moved
When a keyworker or someone you like leaves



Rejection/being dumped or ignored

You feel you are not wanted or are no good



Verbal abuse

When someone or is saying bad things to you



Physical abuse

When someone has hurt you or is hurting your body

People also feel angry when they do not get what the things they need



not being listened to



unloved or not cared for

People also feel angry when they have been told things about anger



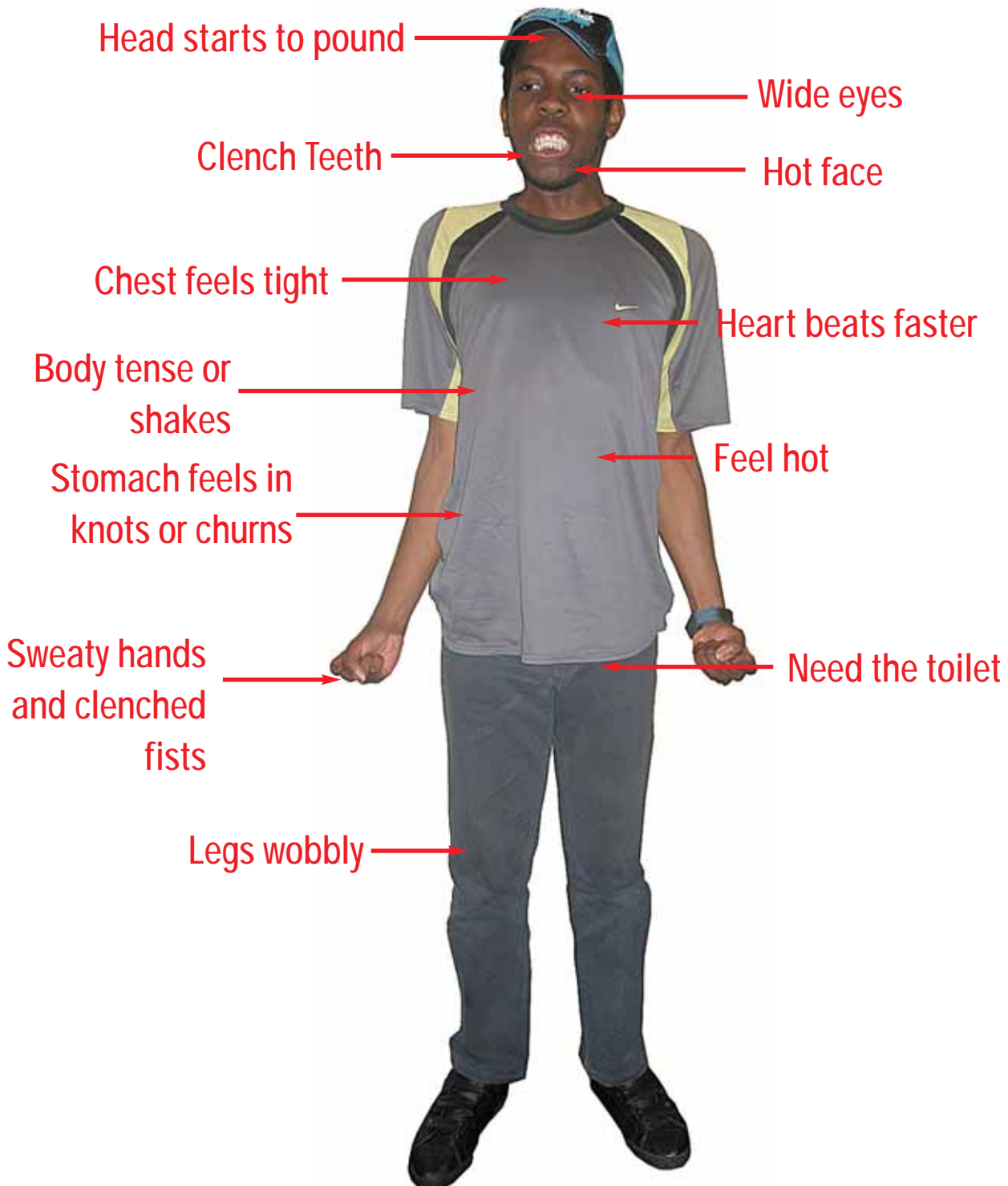
"Its not nice to be angry"

Anger and the body

When people become angry they may notice changes in their body.

When you get angry, your body feels different because it starts to work differently.

These are some things, which happen in people's body when they feel angry:



These changes in your body are normal.

Feelings

Different people use different words for feeling angry:

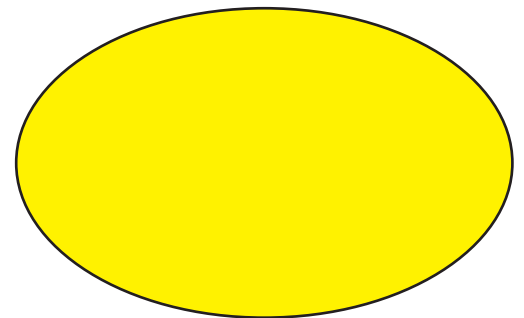
- Anger
- Rage
- Cross
- Irritable
- Annoyed
- Stressed
- Furious
- Mad



Thinking

When people get angry it can change the way that they think.

- You may find it hard to concentrate
- Your mind may go blank
- You can't think straight
- You may think everyone is out to get you
- Everything seems like a big problem. You may find it hard to work out what the problem is.
You may need to help to find out how to sort it out.



Angry Thoughts

- People can feel angry when they think about certain things.
- A person or something that is happening does not make you angry.
- It is **your thoughts** about that person, or it is **your thoughts** about something that is happening that makes you feel angry.



Thoughts that can make people feel angry are:



What we think can affect the way that we feel about something.

The way we feel about something has an affect on what we do (our behaviour).

What we do (our behaviour) affects our thoughts.



Thought



Anger



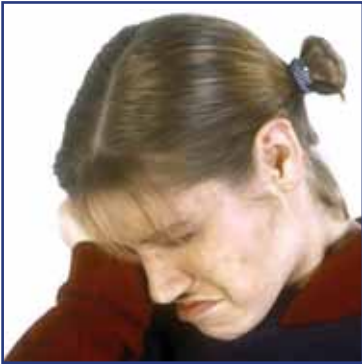
Feeling



Behaviour

Behaviour (things people do when they are angry)

Different people do things when they are angry



Cry



Hit things



Shout or swear



Feel very tired



Want to be on their own



Feel very sad and low



Hurt themselves



Hurt others

Choosing how we show anger

We cannot always stop feeling angry but we can choose how we show anger:



We can choose to show our anger in a way that does not harm us or other people.



We can choose to show we are angry away from other people.



We can choose to get our anger out in a safe way



How to control anger yourself

Control Your Body

1, 2, 3, 4,10

What should I do next?



Count to ten



Breathe slowly, learn relaxation techniques



Think before you act

Letting go of anger safely



Hit a pillow or cushion



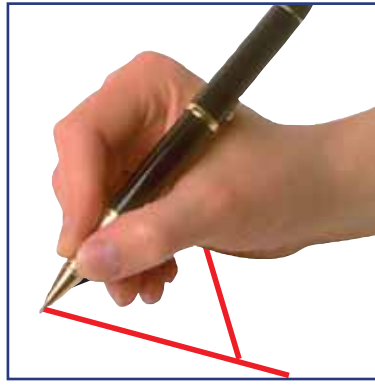
Talk about how you feel to someone you trust



Shout in a safe place



Exercise



Draw your feelings



Go for a walk



Yoga

Remember, it is healthy to let anger out in a safe way.

your carers or parents or support workers maybe able to help you to take some responsibility for your anger

What if self-help ideas do not help?

If:

- The self-help ideas don't help Or
- You can't let anger out safely Or
- Anger is affecting your life, your job or your friends or partner

Then you may want to ask your local Community Learning Disability Team (CLDT) if they can help you.