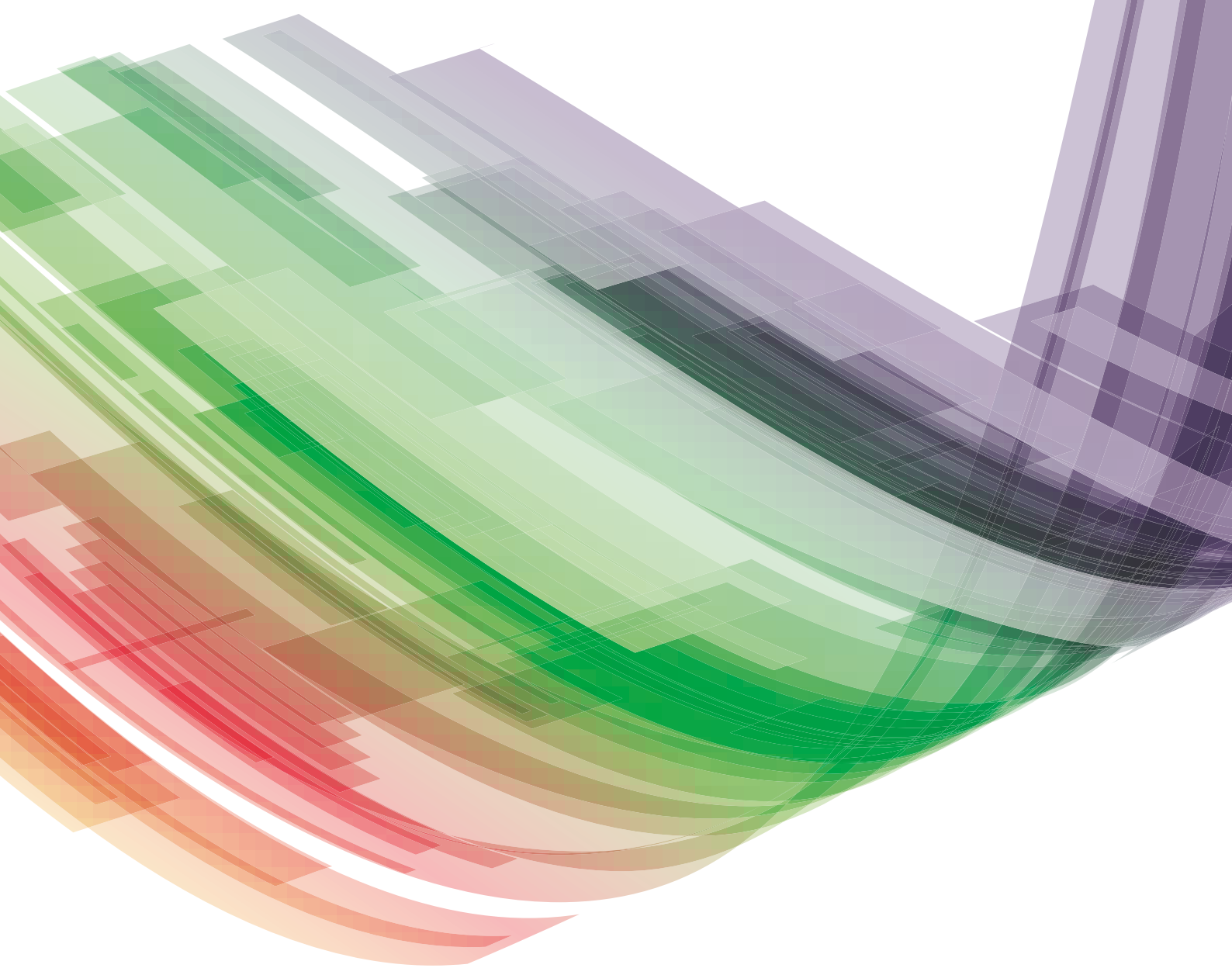




Bedfordshire, Luton  
and Milton Keynes  
Integrated Care Board

# Controlling Anger



A self help guide

**A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.**

### **About this leaflet**

- This leaflet is for people who have problems with getting angry.
- It will talk about how you might feel.
- It will tell you where you can go to get help.

### **About anger**



Anger is a change of mood. It changes the way you feel, think and behave. It changes the way your body works.

You might get angry because of your feelings inside or because of things that are happening around you.

When you are angry your mood changes and sometimes the anger is the only thing you feel.

Everyone gets angry sometimes. But not everyone has a problem with anger.

# How do I know if I have a problem with anger?



Some people know if they have a problem with being angry. Other people might not be so sure.

If any of these things on the checklist happen to you, you might have a problem with anger.



<b>How you feel</b>	<input checked="" type="checkbox"/>
Angry.	
Irritable at little things.	
Restless.	
Get very angry very quickly.	
<b>How you think</b>	<input checked="" type="checkbox"/>
You don't remember what happens when you get angry.	
You think the worst about people.	
Everything is a big problem.	
Life seems unfair.	
Other people seem to treat you unfairly.	





<b>What happens to your body:</b>	<input checked="" type="checkbox"/>
Heart beats fast.	
Chest feels tight and you get breathless.	
Your muscles get tense and ache.	
Legs go weak.	
Get hot and sweaty.	
Head pounds.	
<b>How you behave</b>	<input checked="" type="checkbox"/>
Snap or shout at people.	
Say unkind things.	
Argue with people.	
Throw things or slam doors.	
Hurt people.	
Hurt yourself.	
Drink or smoke more or take drugs.	

<b>How you feel</b>	<input checked="" type="checkbox"/>
Angry	<input checked="" type="checkbox"/>
Irritable at little things	<input checked="" type="checkbox"/>
Restless	<input checked="" type="checkbox"/>
Get very angry very quickly	<input checked="" type="checkbox"/>

Lots of ticks means you may have a problem with anger.

## Who has problems with anger?



Anyone can have a problem with anger.

Some people have not learned to control their anger and show their feelings in a different way.

Some people take things personally and this can make their angry thoughts worse.



Instead of thinking about good things, angry people think bad or negative thoughts a lot of the time.

People who get angry often think that things they do are not good enough, or because things that other people do are not good enough.



# What can I do to control anger?



It is important to realise that our thoughts make us angry. When we know this, we can start to break these thoughts.

Relaxing can be a great way to stop feelings of anger.



- listening to some music
- doing exercise
- taking some deep breaths until you feel a bit calmer.



Your doctor or nurse can help you learn how to relax more.



You could write a list or draw a picture of times when you've been angry. This will help you see the types of things that can make you angry. You can then work on the things you do or could do to calm down.

Remember to notice when you are having angry thoughts. Try to stop them by relaxing or deep breathing.

## Where to get more help

If you would like to get more help or information, you can get in touch with these people:



### **British Association of Anger Management**

Training, support and information for people with anger problems.

Telephone: 0345 130 0286

Email: [info@angermanage.co.uk](mailto:info@angermanage.co.uk)

[www.angermanage.co.uk](http://www.angermanage.co.uk)



### **Everyman Project**

Information and support for men who have anger management issues.

Telephone: 0207 263 8884

[www.everymanproject.co.uk](http://www.everymanproject.co.uk)



### **Mind Infoline**

Help, information and support.

Telephone: 0300 123 3393

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)



### **SAMARITANS**

### **Samaritans**

Support for people in a crisis.

Telephone: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org](http://www.samaritans.org)



You can also get help and information from your doctor or nurse.

Easy Read version developed by:

- Skills for People, Telephone: 0191 281 8737  
Skills for People is a registered charity no. 1069993



- Many thanks to service users and healthcare staff who have contributed to the development of this guide.

Adapted from Controlling Anger - A Self Help Guide  
written by Lorna Cameron, Frank Charlton and  
Dr Lesley Maunder [www.cntw.nhs.uk/selfhelp](http://www.cntw.nhs.uk/selfhelp)

This booklet has been re-produced under licence with  
permission from Cumbria, Northumberland, Tyne and  
Wear NHS Foundation Trust © 2020 [www.cntw.nhs.uk](http://www.cntw.nhs.uk)