

Anger is an emotion that can be very overwhelming, it can lead us to behave in way that we often regret. Here are some pointers from the team at Isorropia Foundation to help you manage and conquer this difficult and confusing emotion.

Be Aware of Triggers

Triggers are the things that can set off angry emotions. If you get to know your triggers and are cautious around them it will reduce the likelihood of your anger getting out of control.

How to use triggers to your advantage

- ➡ Create a list of triggers and review them daily. Doing this will keep them fresh in your mind and increase the likelihood of you noticing them before they become a problem.
- ➡ It isn't always possible to avoid triggers so it's good to have a plan for when you must face them. For example, avoid touchy conversations when you feel tired, hungry or upset.

Practice Deep Breathing

Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective it's also discreet and easy to use at any time or place, it feeds your body and mind helping you to move forward in a calmer, clearer way.

Sit or stand comfortably and place one hand on your abdomen. Breathe in through your nose deeply enough that your hand on your abdomen rises. Hold the air in your lungs, and then slowly exhale through your mouth, with your lips puckered as if you are blowing through a straw (think Insta selfie pout). The secret is to go slow.

Believe it or not breathing takes practise, try and get into the habit of doing this at intervals throughout the day so that when you need to use it for real, you're a pro.



Keep an Anger Log

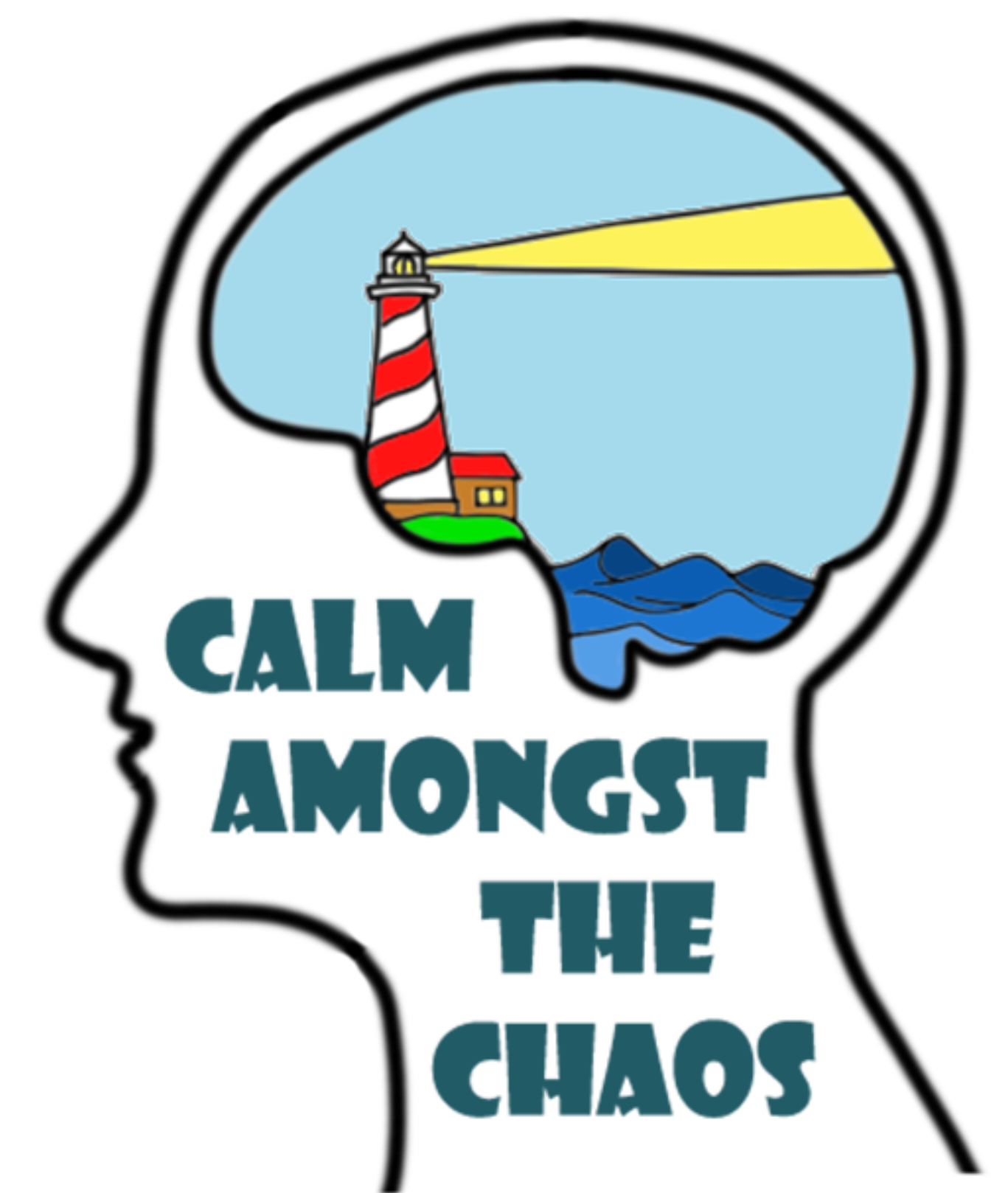
Following an episode of anger, take a few moments to record your experience. This practice will help you identify warning signs, patterns and triggers, it will also help you understand your thoughts and work through problems.

- ➡ What was happening before the anger episode? Describe how you were feeling, and what was on your mind.
- ➡ Describe the facts of what happened. What events triggered your anger? How did you react, and did your reaction change as the event continued to unfold?
- ➡ What were your thoughts and feelings during the anger episode? Looking back do you now see anything differently than when you were in the heat of the moment?

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Use Diversions

The goal of this is to buy yourself time. If you can distract yourself for at least 30 minutes you will have a better chance of dealing with your anger in a healthier, calmer way. You can always return to the source of your anger later – you are just setting the problem aside for now.

Take a Time-Out

This is a powerful tool for relationships where anger-fuelled disagreements are causing problems. The way this works is that someone can call a time out and the individuals involved agree to walk away from the problem for now and return once everyone has had the opportunity to calm down.

- ➡ Together, as a unit, plan how timeouts will work. Everyone should understand the rationale for time outs (it's an opportunity to calm down, not to ignore the problem).
- ➡ What will each of you do during the time out? Plan activities that are in different rooms or different places if possible.
- ➡ Plan to return to the problem in 30 minutes or an hour. Important problems shouldn't be ignored forever, but nothing good will come from an explosive argument in the heat of the moment.

Adopt a balanced and healthy lifestyle

A prelude to an angry outburst can be stress and irritability. The way we choose to live can impact our mood and levels of irritability.

Here are some ways to ensure we are taking good care of ourselves to reduce the risk of low mood, anxiety and irritability:

- ➡ Sleep well – Ensure you develop a regular sleeping pattern and get between 6 and 9 hours per night.
- ➡ Diet- Eat a healthy, balanced, nutritious diet. Eat at regular intervals and avoid food that will spike and then crash your blood sugars (eg. sugar, white bread).
- ➡ Avoid alcohol and stimulants.
- ➡ Reduce stress levels - Introduce regular breaks and rest periods throughout your day, these would be a good time to practise your deep breathing technique.
- ➡ Get outside, get fresh air and take regular exercise.

Check out our website www.isorropia.uk for plenty more information on how to improve your mental health wellbeing.