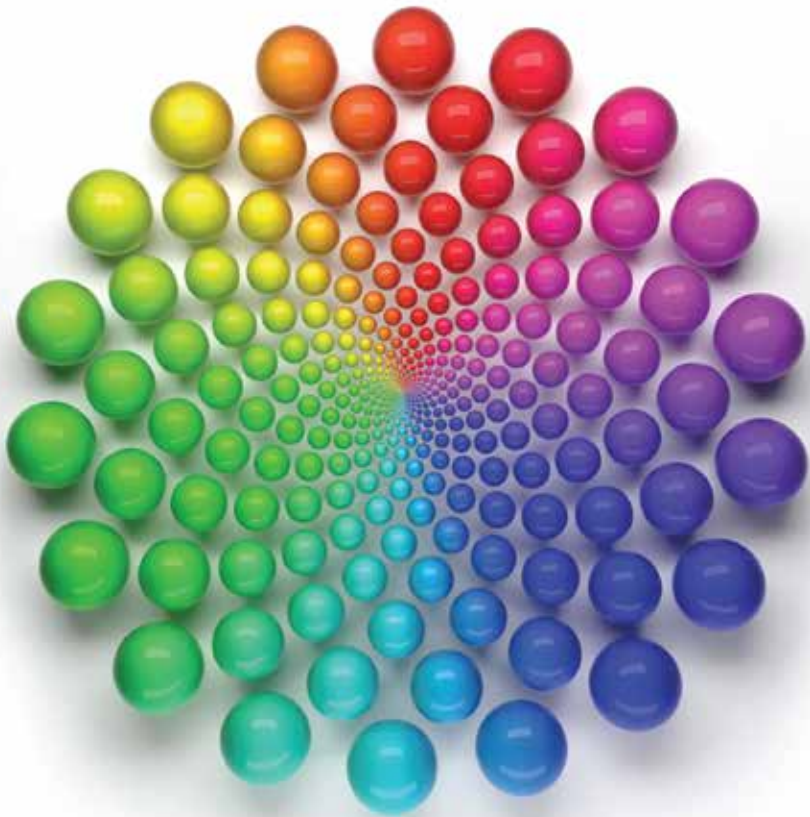




Self Help Journals

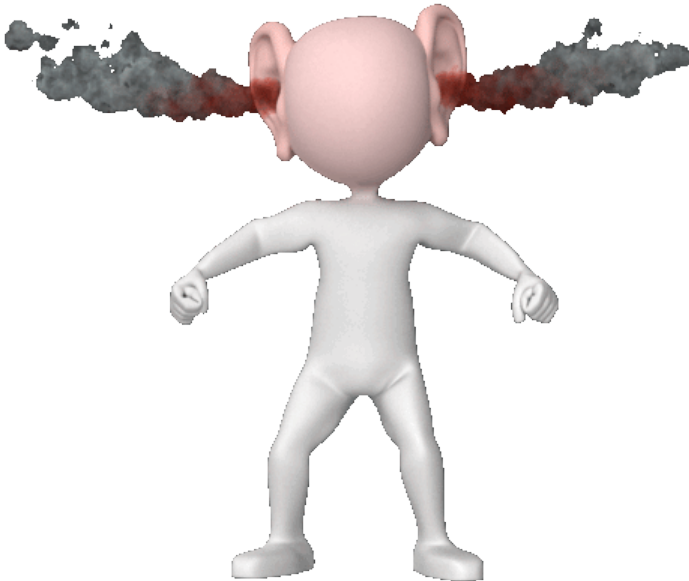


Anger Management

Anger is defined as...



strong feelings of irritation,
annoyance, or rage



What is anger?

Feeling angry is part of being human. It is a natural response to being attacked, insulted, deceived or frustrated. Sometimes, excessive anger can also be a symptom of some mental health problems.

Anger can be useful, but it can also be frightening. When something makes you angry, adrenaline causes your body to prepare for 'fight or flight', giving you energy and making you feel tense. Releasing this energy and tension is good for you, but it can be difficult to do so in ways that are constructive. In most situations, fighting back or running away ('fight or flight') isn't helpful and anger can often lead to responses that make things worse rather than better.

Dealing with anger

Recognise your anger signs

Your heart beats faster and you breathe more quickly, preparing you for action. You might also notice other signs, such as tension in your shoulders or clenching your fists.



Count to 10

Counting to 10 gives you time to cool down so you can think more clearly and overcome the impulse to lash out.



Breathe slowly

Breathe out for longer than you breathe in, and relax as you breathe out.

Managing anger in the long term

Once you're able to recognise the signs that you're getting angry and can calm yourself down, you can start looking at ways to control your anger more generally.

Exercise

Bring down your general stress levels with exercise and relaxation. Running, walking, swimming, yoga and meditation are just a few of the activities that can help reduce stress.



Look after yourself

Make time to relax regularly, and ensure that you get enough sleep. Drugs and alcohol can make anger problems worse.

Get creative

Writing, making music, dancing or painting can release tension and help reduce feelings of anger. You can also use this journal as a way of expressing your feelings.



Talk about it

Discussing your feelings with a friend can be useful, and can help you get a different perspective on the situation.



In this journal you can write or doodle about how you are feeling and what may have triggered an angry moment. There is also a mood board for you to circle a feeling if you wish.



SKETCH PAGES



Anger says:
"I can destroy
The whole world."

Peace says:
"Not when I work
Inside you."
- Sri Chinmoy



**KEEP
CALM**

&

WRITE IN HERE



SKETCH PAGES





When angry count to ten before you speak. If very angry, count to one hundred





SKETCH PAGES



When we feel anger coming to the fore try to take a step back and say to yourself *“This anger will not help me in any way. This anger will make the situation worse.”* Even if part of us remains angry our inner voice is helping us to distance our self from the emotion of anger.



Anger

*Anger is the clash of fear, hurt and rage
It's the feeling of madness, emptiness and pain*

*Of telling yourself one thing and feeling another
Of hurting deep inside and layering on the
covers*

*Fear of being scared, hurt or upset
Of having to face something you'd rather forget*

*Hurt from experience or something that's hard
So you brick up your wall and put up your
guard*

*Rage of pain being screwed up inside
Thinking that you're not good enough*

*Feelings can hurt, can tear you apart
Can mix up your head and split up your heart.*

Patricia McLaren

A series of 25 horizontal lines for writing.



Handwriting practice area with 15 horizontal lines.



SKETCH PAGES



SKETCH PAGES



Suppose someone has done something to make you angry. **STOP** take a deep breath and think about something which will make you happy. The best antidote to negativity is to focus on the positive.



Useful Contacts

The Opal Project - A project run by Service Six to help give guidance and advice to people who self-harm

W: theopalproject.com

Service Six - Service Six provides free confidential, professional support, advice & counselling to those experiencing issues relating to self-harm.

T: 01933 277520/273746 W: servicesix.co.uk

Samaritians - Samaritians provides confidential emotional support 24/7 to those experiencing despair, distress or suicidal feelings.

T: 0845 7909090 W: samaritans.org.uk

Childline - Childline is the free helpline and online service for children and young people in the UK.

T: 0800 1111 W: childline.org.uk

Selfharm.co.uk - a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life.

W: selfharm.co.uk

Young Minds - Young Minds is a charity committed to improving the emotional wellbeing and mental health of children and young people.

T: 02070895050 W: youngminds.org.uk

Asknormen - the gateway for emotional mental health and wellbeing. Just ask NORMEN who will help you to find further information and support.

W: asknormen.co.uk E: asknormen@nhs.net

Other Self Help Journals Available

**Bullying
Emotional Abuse
Domestic Abuse
Physical Abuse
Self Image
Self-Harm
Sexuality
Sexual Abuse
Sexual Exploitation**

**Service Six
26 Rock Street
Wellingborough
Northamptonshire
NN8 4LW
T: 01933 277520/273746
W: servicesix.co.uk
E: help@servicesix.co.uk
Registered Charity Number: 1132490
Registered Company Number: 06740611 (CLG)**