



Feeling Angry?

Learn Ways to Deal with ANGER



Feeling **Angry** is a normal reaction to things beyond your control or it can mean you're under too much stress.

It's important to know the difference between feeling angry sometimes or all the time. Feeling angry sometimes is normal & healthy. Feeling angry all the time can lead to loneliness, depression & cause serious physical health problems.



Managing Anger

- **Look for a real solution** instead of revenge.
- **Avoid attacking & blaming.** Focus on the behaviour that triggered your anger, not the person.
- **Express feelings & needs using "I" statements.** "I feel angry when ____ (what happened) because ____ (why it upset you) & I would like ____ (a solution to the problem)".
- **Avoid "you" statements** as they make people defensive. "You never let me do anything".
- **Use physical activity & relaxation techniques.** Walking, yoga, deep breathing, counting to 10, journal writing, etc.
- **Stand up for yourself** when you feel something isn't fair.
- **Walk away** or give yourself a "time out" but don't give the silent treatment.
- **Control your reaction.** Be aware of the power of body language. Use a firm, calm voice with your normal tone. Make eye contact & keep a good amount of space (arm length).

- It's healthy to say what makes you **Angry**.

- It's **OK** to feel angry as long as you don't hurt yourself, others, or property.

- Bottled up anger can become explosive & hurt others. Violent anger is **NEVER OK**.

For Help, talk to a trusted adult about the way you feel.

*Coping with **Anger** can be Tough!
How Do You Deal with **Anger**?*

Do you need more help? Contact your local **Mental Health & Addiction Services Office.**

Kids Help Phone 1-800-668-6868

Mental Health Crisis Line 1-888-737-4668

NL Health Line 1-888-709-2929



Western Health