

Emotional well-being for young people: Anger

Anger is often seen as a 'bad' emotion. There are no such things, all emotions have purpose, it is what you do with your feelings that can be seen as good or bad.

It is ok to feel angry – anger is the enemy of injustice.

We feel angry when we see unfairness in the world and when we want to stand up against this. When we are young this can be things like not getting a fair share of sweets or the toy we want. Not knowing how to deal with such strong, uncomfortable feelings, this can lead to tantrums and other poor behaviours.

As we grow into adults we learnt to deal with our anger in better ways.

The rules of anger:

Don't hurt others: Anger as a feeling prepares us to fight and to stand up. Our bodies will be prepared for this with increased heart rate, blood flow and adrenaline, but it is always better to walk away from anyone trying to get you to fight them.

Don't hurt yourself: If we let anger get too strong we can often 'snap' and hurt ourselves by hitting a wall etc.

Don't damage property: Breaking things can help us to feel better in the short term when we have lost our temper, but you will quickly regret it.

What to do instead:

Identify that you are beginning to feel angry as early as possible so that you can act to stop yourself from losing your temper.

Identify what things trigger your anger and avoid these things when you are already feeling irritable or frustrated.

Talk to someone about how you feel and why.

Distract yourself with enjoyable a relaxing activities.

Think about what makes you feel relaxed and do these things, for example, listen to a relaxing playlist, have a bath, do some art.

Burn off the excess energy from the adrenaline with exercise or sport.

And finally.....

If you are angry about something that you feel is wrong then look into how you can do something about it. Read books, learn, do research, make friends with the same passions as you. Anger can change the world when used well.

If you would like to talk to the Swansea Mind Young Person Worker:

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