Anger is a normal human emotion but the management of anger can sometimes be a problem.

You may act on your anger and regret the behaviour you display. Alternatively anger can be positive in that it may motivate you to make important changes in your life or the community.

Anger can range in intensity from mild irritation to intense rage. Everyone feels angry from time to time. It is a state of heightened arousal which is influenced by your thoughts, interpretations of events, and your coping skills and available supports. It is usually associated with other emotions like feeling threatened, frightened, unappreciated, disappointed, worried, embarrassed, or frustrated or the perception that you are being treated unfairly. It can also be linked with drug and alcohol use.

**Tips for managing anger**

- Become aware of what ‘triggers’ your anger and be prepared for your reaction.
- Be aware of your physical warning signs – there is a ‘flight or fight’ response when we are threatened – you may feel increased heart rate, faster breathing rate, sweaty palms etc.
- Notice your thoughts and try not to get ‘hooked in’ by the intensity of them, instead ‘cool’ them down – say to yourself “this will pass” or “I can handle this respectfully”.
- Notice where you feel tension and make room for it.
- Take time out – walk away from situations until you ‘cool down’.
- Develop healthy sleep patterns, eat well and exercise regularly.
- Use relaxation techniques, such as controlled breathing or grounding.
- Avoid alcohol and substances that may increase anger.

**Help is available**

- Contact University Counselling and Psychological Services on (02) 4921 6622.
- If your anger is affecting your functioning, your relationships and significantly impacting on your life please contact your GP.

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**Online resources**

- **BlackDog Institute**

- **Headspace**

- **MensLine**

- **SANE Australia**
  www.sane.org

**Apps**

- Search on the App Store or Google Play

- **AIMS**
  AIMS provides education about anger, and allows you to create an anger management plan. It was designed for Veterans, but can be used by anyone.
  www.veterantraining.va.gov/aims

- **Smiling Mind**
  Smiling Mind is a mindfulness app with a number of different audio scripts to help you develop your mindfulness skills.