



ANGER

Anger is a natural response to feeling attacked, deceived, frustrated or treated unfairly. Everyone gets angry sometimes, and it isn't always a 'bad' emotion; it can often be useful. It can help us identify problems or things that are hurting us, motivate us to create change and help us defend ourselves in dangerous situations by giving a burst of energy.

Anger can become a problem if it is expressed in harmful ways, or persists over a long period of time. If you regularly express your anger through unhelpful or destructive behaviour, or if it is having a negative impact on your overall mental health or quality of life and relationships, then this is when your anger should be considered a problem.

What is unhelpful angry behaviour?

- **Outward aggression and violence** like shouting, swearing, slamming doors and being physically or verbally abusive
- **Inward aggression** such as telling yourself that you hate yourself, denying yourself basic needs, or self-harming
- **Non-violent or passive aggression** such as ignoring people or refusing to speak to them, being sarcastic or sulky, or deliberately doing things poorly

For more information on anger, visit the NHS website: www.nhs.uk/conditions/stress-anxiety-depression/pages/controlling-anger

You can also come to the **Student Wellbeing Service Drop-In** (via the Student Guidance Centre information desk) Mon-Fri, term time, 12.30-1.30pm, for support and advice, and to find out what services offered may benefit you, or you can **email** studentwellbeing@qub.ac.uk to book an appointment with a Wellbeing Advisor.

WHAT YOU NEED TO KNOW

One thing to remember is **anger is not a mental health problem**- it's a normal part of life.

Anger can be expressed in many different ways. Perhaps one of the reasons why people confuse anger and aggression is because they think of anger as only being expressed in aggressive ways. However anger can be expressed in an infinite number of ways. Aggression is one of them, however, so is assertiveness, problem solving, exercise, suppression, etc. In fact, while the appropriate response when angry depends on the context of the situation, the best way to express anger is usually through some sort of prosocial, problem-solving behaviour. In other words, the best approach is usually to try and solve whatever problem caused the anger in the first place.

If you are worried about your anger, you should seek help from your GP or another medical professional.

HOW DO I LEARN TO CONTROL MY ANGER?

There are a number of different ways of managing anger and some strategies will suit you better than others.

- List the things that can trigger your anger
- Pay attention to the warning signs of anger in your body.
- Take time out
- Control your thinking
- Use relaxation techniques
- Try to acknowledge what is making you angry.
- Rehearse anger management skills.



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.



There are five simple actions to help maintain and improve your emotional wellbeing in everyday life. Try to build these into your daily life – think of them as your ‘five a day’ for emotional wellbeing.



Connect

Connect with the people around you, with family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you everyday.



Be active

Go for a walk or run, step outside, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons. Savour the moment, whether you are on a bus or taxi, eating lunch or talking to friends, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or interest or sign up for that course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.



Give to others

Do something nice for a friend, or a stranger, thank someone, smile, volunteer your time, or consider joining a community group. Look out, as well as in, seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

The 5 ways to wellbeing were developed by the New Economics Foundation

www.mindingyourhead.info

Would you like to share your story on the back of this leaflet? If so please email studentwellbeing@qub.ac.uk

W: www.qub.ac.uk/sgc/wellbeing
E: studentwellbeing@qub.ac.uk

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