

HOW TO MANAGE ANGER



STRENGTHENING REFUGEE AND MIGRANT CHILDREN'S HEALTH STATUS

IN SOUTHERN AND SOUTH-EASTERN EUROPE

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We can't easily control how we feel, and some emotions are really hard to manage.

It is normal to be angry, even furious sometimes. We get angry when our desire or intention is not fulfilled or when things happen contrary to our expectations. However, we should not allow emotions to control us, so that, for example, we do not hurt ourselves or others because of anger, sadness or irritation.

Learning to be aware of your anger and to express it in a safe way is an important part of good mental health. If you often feel angry or have a problem with anger control, there are many things you can do to address it in a healthy way.

HOW TO CONTROL ANGER?

STEP 1. Recognize anger:

- ▶ your heart is pounding
- ▶ you grit your teeth
- ▶ you sweat
- ▶ you start shouting
- ▶ you swear
- ▶ you hit things, other people, animals
- ▶ you start an argument
- ▶ you feel as if others are constantly attacking or provoking you
- ▶ you temporarily lose your sense of humor
- ▶ you start talking faster and you get in a bad mood
- ▶ you criticize and attack others too much, you can't listen to anyone, not even people close to you.



STEP 2. Understand what makes you angry

There are many reasons to be angry, and sometimes it's normal for someone's behavior to make you angry. However, if you are not sure why you attacked someone, think about what happened during the day that made you feel so irritated. If you are going through a difficult period in life, it is even more important to deal with your anger so that it does not have devastating consequences on your health and relationships with other people.

Anger can be our way of expressing or reacting to a number of other feelings, such as:

- ▶ frustrations
- ▶ shame or humiliation
- ▶ jealousy
- ▶ injuries or grief
- ▶ feelings of inability to control the situation
- ▶ vulnerability or fear
- ▶ feeling of unfair treatment
- ▶ feeling of misunderstanding or lack of care
- ▶ feeling under pressure
- ▶ feeling loss of connection with family, community or identity.

STEP 3. Count to 10, take a deep breath, go around the building, take a break, move around, do something else!

When you are angry, focus on something else, for at least 3 minutes. You will see, it will help you calm down, react better, instead of exploding.

STEP 4. Talk to someone

Talking to others will relieve you.

STEP 5. Set aside time to relax

If you know what you like to do, what you enjoy, do it whenever you get angry.

IF THE ANGER LASTS LONGER

Anger is harmful if it lasts for a long time and if it is constantly present. Possible signs that you are under load:

- ▶ you are constantly in a bad mood
- ▶ you express your anger by hurting yourself or others
- ▶ everything seems too difficult, boring or uninteresting
- ▶ you feel isolated, you think that no one else can understand you and that makes you angry
- ▶ you often want to throw, hit or destroy things
- ▶ small things that didn't bother you before now easily put you in a bad mood
- ▶ you make fun of others.

These are all signs that you are feeling upset, frustrated or hurt. Sometimes anger is an immediate response to a certain event, and sometimes it accumulates over time. Whatever the reason, feeling angry or causing anger in others should warn you that something is wrong. If the anger lasts longer and disturbs you in everyday life, consider talking to a professional present in the reception / asylum center – a psychologist, a doctor, a social worker, etc.



THINK OF SOLUTIONS

We can't always change the things that make us angry, but we can change the way we react. When everything calms down, think of ways to express and resolve your anger.

Ask yourself **questions** like:

- ✓ How can I resolve the situation peacefully?
- ✓ How would someone else feel about this situation?
- ✓ What would I tell a friend if they were in my place?
- ✓ What do other people do when they get angry?



IT'S IMPORTANT TO KNOW

Anger prevents you from feeling happy or positive, because your negative feelings block everything else. If you do not fight your anger in a positive way, it will only accumulate over time and become your basic emotion.

Anger can be a sign of much bigger problems. If things seem strange to you, if you are afraid of your anger, you think you can be rude when addressing others, to physically hurt yourself or others, turn for help to a professional present in the reception/asylum center – psychologist, doctor, a social worker or a worker from a child protection organization.

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