



# Dealing with Anger

Anger is a natural response to feeling attacked, deceived, frustrated or treated unfairly. There are many ways to calm down and let go of angry feelings, depending on what suits you and what's convenient at the time you are angry

- Breathe slowly**
- Relax your body**
- Use up some of your energy safely**
- Do something to distract yourself**
- Learn what makes you angry**
- Walk away from the situation**
- Avoid drugs and alcohol**
- Work on communication skills**
- Be more active**
- Get good sleep**
- Try a talking treatment**

Rotherham office: 01709 919929

Barnsley office: 01226 21188

[rbmind.co.uk](http://rbmind.co.uk)

Registered charity no. 1147740

