



## Are you feeling angry?

Feeling anger is a common human experience, it's not 'good' or 'bad'. It can be helpful when it motivates you to take positive action, but it can also drive behaviours that can cause us problems in day-to-day life.

## So what is anger?

Anger is an intense emotion that we might feel when certain triggering situations or events happen in our lives. Maybe we've been put down by others, treated poorly or unfairly, or life has gotten out of our control. We all have different triggers or reactions, but being able to recognise the signs early can prevent further damage.

## What can anger feel like in our bodies?

Below are a some clues your body might give if you are feeling angry. You may not have all of these but you may experience some of them. Below are some common signs and symptoms.

- Muscle tightness
- Clenching muscles, fists or jaw
- Yelling, verbal abuse
- Feeling hotter in face and body
- Tingling sensations
- Faster, shallow breathing
- Restlessness or pacing
- Short fuse or big reactions
- Heart pounding
- Wanting to harm others

## Everyone reacts or experiences these emotions or feelings in their own ways.

Below are two other ways people may deal with their anger. How ever you experience it, it's important to recognise if we are All Goods.

### Externalising Anger

- Yelling, arguing, snapping
- Throwing things, slamming things
- Aggressive body language
- Criticising or blaming
- Storming out

### Internalising Anger

- Being overly harsh on yourself
- Silent resentment
- Withdrawing, going quiet
- Shutting down emotionally
- Self-blame or rumination
- People-pleasing to avoid conflict