



heretohelp

Mental health and substance use
information you can trust



**Canadian Mental
Health Association**
British Columbia
Mental health for all

what is anger?

Part of the Plainer Language Series

www.heretohelp.bc.ca



Anger is a normal feeling. We all feel angry sometimes. Different people feel and show anger in different ways.

Anger can mean:

- ☐ We cannot get something we want
- ☐ We see something that is not fair
- ☐ We are upset, hurt, or scared
- ☐ We are feeling too much stress

Anger can help you:

- ☐ Get out of danger
- ☐ Make changes in your life
- ☐ Stand up for something that is wrong

Anger is a problem when:

- ☐ You feel angry all the time
- ☐ You often get into fights with other people you care about
- ☐ You feel like you can't control yourself when you get angry
- ☐ Your anger lasts a long time or scares you

How can I manage my anger?

1. **Learn how to solve problems.** Solving problems means that you find helpful ways to deal with things that make you angry.
2. **Learn how to be assertive.** Being assertive means talking directly about something that is making you angry in a respectful way. You look at everyone's point of view, not just your own.
3. **Learn healthy thinking skills.** Healthy thinking means that you look at the facts in a balanced way. You see a situation for what it really is.
4. **Find ways to relax.** Some people do yoga or deep breathing to help them relax. Even simple things like going for a walk, listening to music, or writing in a journal can make a big difference.
5. **Talk to your doctor** or community nurse if anger is causing a lot of problems.



Where do I go from here?

This card is a short version of a longer resource. For more information and help, see www.heretohelp.bc.ca/factsheet/what-is-anger