



HEDDINGHAM SCHOOL
AND SIXTH FORM

A Parent's Guide What is Anger?



Anger is a natural response to feeling attacked, deceived, frustrated or treated unfairly. Everyone gets angry sometimes – it's part of being human.

When is Anger a Problem?

Anger only becomes a problem when it harms you or the people around you. This can happen when:

You regularly express your anger through unhelpful or destructive behaviour.

Your anger is having a negative impact on your overall mental and physical health.

It can be very difficult when someone you care about is experiencing problems with anger – especially if they sometimes direct their anger towards you, others close to them or themselves. We are all responsible for our own actions, so ultimately it will be up to them to learn how to manage and express their anger appropriately. But there are still lots of things you can do to help support them.

Stay calm

Although it can be difficult, if you stay calm, it can stop the anger escalating.

Try to listen to them

If you can, allow them time to communicate their feelings without judging them. Often, when someone feels that they are being listened to, they are more able to hear other people's points of view as well. And sometimes, just being given permission to communicate angry feelings can be enough to calm someone down.

Give them space

If you notice that continuing the conversation is making it worse, give them space to calm down and think. This could be something like going into another room for a while or spending a few days apart. It's important to give yourself space as well so you don't find yourself getting too angry.

Set boundaries

While there are lots of reasons why this can be difficult, it's important to set limits and boundaries. Be clear in advance about what sort of behaviour is and isn't acceptable to you and think about what action you can take if someone crosses the line. You don't have to put up with any behaviour that makes you feel unsafe or seriously affects your own well-being.

Help them identify triggers

This is something you can try when you are both feeling calm, away from any heated situation. Identifying someone's triggers for anger can help you both think about ways you can avoid triggering situations and plan how to handle them when they do arise. But try not to be judgemental or accusatory. While it can be useful to give

specific examples of when you remember them getting angry, be aware that this is probably upsetting for them to think about.

Help them seek professional help

You could take them to the doctors or work through with them the advice the school has given.

Look after your own well-being

It can be difficult at times to support someone else so make sure you're looking after your own well being too.

Where I Can Find Additional Help?

Useful websites: You can find advice by setting up an account on www.kooth.com There is a team of counsellors available to speak to young people on-line. You can also find useful advice there.

Additionally, you can also get advice and support from:

Young Minds:

youngminds.org.uk

Mind – The Mental Health Charity:

www.mind.org.uk

Try downloading this app and explore it with your child:

The free Get Connected app Headspace

Mindfulness techniques have benefits for mood, attention and general coping skills for the ups and downs of life. This simple app gives you ten short meditations, four brief videos explaining what meditation is and a series of facts and questions.

Keep track of how many of the meditations you have listened to and try ten minutes a day for ten days. This website is good too –

www.getsomeheadspace.com

