

Information on Anger

怎样控制你的愤怒

Learn calming techniques 学习平静的技巧

- Breathe out for longer than you breathe in 呼气的時間比吸气時間長点
- Relax tense muscles 尝试放松緊張的肌肉
- Find a way that helps you 寻找另一种方法可以幫助你。
- Examine your triggers 自問自己為什麼會出現憤怒
- Learn what makes you angry 寻找為什麼會生气。
- Spot Patterns and manage the causes that make you angry 注意和理解為什麼你會生气

Walk away from the situation 可以的话离开或者远离冲突

- Give yourself time to think about how to react. 给你自己一点時間怎么样去反应或者面对這問題。
- Make yourself feel in more control of your anger. 尝试控制你的憤怒
- Avoid drugs and alcohol 尽量避免藥物和酒精
- Alcohol and drugs affect your ability to control your emotions and actions. 藥物和酒精是會影響你的情緒和行為

BIRMINGHAM MIND HELPLINE

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Registered Charity no. 1003906
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Use energy safely:用非暴力和安全的方法

- Punching a pillow or ripping a newspaper can help relieve anger more safely.殴打枕头或者撕破报纸也是解除愤怒的方法
- Move more:运动
- Gentle exercise such as walking can relieve tension.步行也是可以缓解压力和心情

Better sleep:充足的睡眠

- Better sleep can have a positive impact on your mood.充足的睡眠可以极大影响你的情绪
- Talk about your treatment:分享你的问题
- Speak to your GP about counselling and other treatments for anger.告诉你的家庭医生你需要个别辅导和控制愤怒的心情
- Anger management courses might be available in your area.你的区域可能有愤怒管理课程

Work on Communication:改善沟通

- Express your anger in an assertive and respectful way.表达你的愤怒可以用尊重和断言方法
- This will benefit your relationships and self-esteem.这样可以帮助到你的自信和人与人的关系

Distract yourself:转移或者分散注意力

- A cold shower or some colouring could stop your anger from growing.冲冷水澡或者绘画也可以降低愤怒的心情

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