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ANGER

- you -
MATTER

■ We want to explore
■ different topics around
■ mental health and what
■ they mean to us as
■ young people!

it's k
not to
be k

■ BY YOUNG PEOPLE,
■ FOR YOUNG PEOPLE



matter

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CHAPTER 1

ANGER – WHAT IS IT?

- Anger is a normal emotion that we all feel at different times in our lives. It is often a healthy response to feel angry, and it can let us know that we may be feeling unsafe, or being treated unfairly. However, for some of us, these feelings can be more intense, common, and difficult to process which without coping mechanisms can cause us problems. But, with support, anger can be managed in safe and healthy ways!

note to self:

**DO NOT
QUIT**



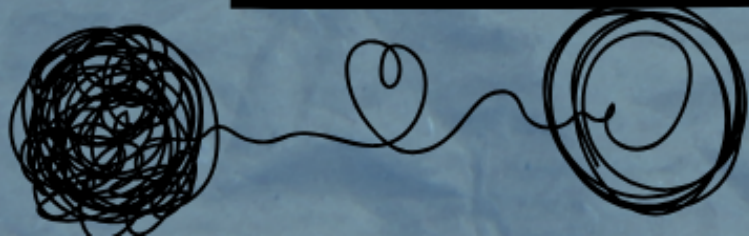
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CHAPTER 2

WHAT ARE THE SIGNS OF ANGER?

It can be difficult to know if what we are feeling is anger. Many times emotions can feel similar to others, and there may be different things that are leading us to feel anger. Here are some of the signs we could think of that can help identify anger, but remember it's okay if we feel angry, as long as we learn healthy ways to cope.

- Physical Sensations – Muscles tighten, increased heart rate, clenching fists, feeling hot, sweating, dizziness, shaking or trembling
- Feeling tense, anxious or unable to relax
- Feeling like you are easily irritated or upset
- Many people describe it as 'seeing red'
- Wanting to shout or break something
- Mood changing quickly and often





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CHAPTER 3

WHAT CAN CAUSE ANGER?

Anger can affect us all in different ways, and we will all have different triggers (reasons) for feeling angry. Below are a few things that we can think of, but you may feel angry for reasons that aren't included here, or for no reason at all and that is okay too!

- We feel out of control
- We feel we are being treat unfairly or that we aren't being listened to or understood
- We may be experiencing bullying or discrimination
- We may feel angry about things that are happening in the world, what we see online or in the news
- We may feel angry at ourselves or other people





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CHAPTER 4

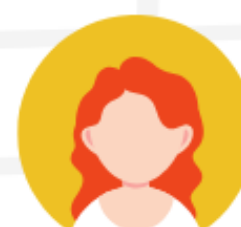
ANGER – WHAT DOES IT MEAN TO US?

“
I COULD NEVER
UNDERSTAND
WHY I WAS
FEELING ANGRY



“
I FELT ANGRY
WHEN I DIDN'T
FEEL I WAS
BEING HEARD

“
SPEAKING TO SOMEONE
I TRUSTED ABOUT
MY ANGER MADE ME
FEEL LESS
ALONE



“
NOTICING I WAS
ANGRY HELPED ME
TO REALISE
I DESERVE
BETTER



“
I ALWAYS FELT GUILTY
BUT I HAVE LEARNED
IT'S NORMAL TO
FEEL ANGRY.



I am loved

Reminder

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CHAPTER 5

HOW TO MANAGE ANGER- TIPS FROM US

We know that when we feel angry, it can often feel scary and after we feel it, many of us may feel guilty. But it's okay to have these feelings! Here are a few tips on how we manage when we feel anger to make sure it stays healthy

TRY TO ACCEPT
FEELING
ANGRY WITHOUT
TRYING TO
CHANGE IT

TAKING BREAKS
FROM THE NEWS
OR SOCIAL MEDIA
IF WE NOTICE IT IS
MAKING US ANGRY

FOCUSING ON
WHAT'S AROUND US,
WHAT WE SEE, HEAR,
SMELL, TOUCH
AND TASTE

USING A FIDGET
OR GROUNDING
OBJECT
TO CALM DOWN

SPEAKING TO
A FRIEND OR
TRUSTED ADULT
ABOUT HOW
WE FEEL

KEEPING TRACK OF
WHAT OUR ANGER
TRIGGERS ARE
CAN BE HELPFUL
TOO



YPAS

Young Person's Advisory Service





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CHAPTER 6

ANGER- A MESSAGE TO YOU FROM US

We want you to know that anger is a normal, healthy, human emotion. We all feel it, it can be felt by anyone of any age, gender, race or religion and whilst it is difficult, we should try not to feel guilty for having these feelings.

As we talked about earlier, it can actually be a really helpful thing, and let us know when something may be wrong! For some of us, we may need some more support in understanding and managing our feelings of anger, especially if we notice it affects how we behave or it is causing damage to us or other people. There is no shame in this, it is a really strong thing to reach out for support and with time, things will get better!



YPAS YOUNG PEOPLE, 2025

