

## Anger

---

### Things to do to help

Assertive people feel less angry! Being assertive means:

- Knowing it's ok to say "no" sometimes
- Knowing it's ok to want things for yourself as well as looking after other people
- Knowing exactly what you want and telling people clearly and calmly – use your brain, not your muscles!

Here are some other things that can help when you are angry:

- Tell someone about it
- Problem-solving: plan to change the things that make you angry if you can
- Write a diary
- Write lyrics
- Punching pillows or cushions
- Listening or playing music
- Playing a sport, going running or using a gym
- Taking it out on a computer game
- Having a break from the house
- Meeting up with your friends