



## Useful Organisations

The following organisations are independent of CWP, contact details are provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these organisations.

## Samaritans

Confidential support for anyone in a crisis

Tel: 116123 (Free Call)

## MIND: A Leading mental health organisation

Website: [www.mind.org.uk](http://www.mind.org.uk)

Info line: 0300 123 3393

**Support Line:** A helpline for problems including child abuse, bullying, depression, anxiety, domestic violence and sexual assault.

Helpline: 01708 765200

Website: [www.supportline.org.uk](http://www.supportline.org.uk)

## Alcoholics Anonymous:

Helpline: 0800 9177 650

Website: [www.Alcoholics-anonymous.org.uk](http://www.Alcoholics-anonymous.org.uk)

## Domestic Violence Outreach:

Helpline: 0808 801 0327 (Male)

Helpline: 0808 200 0247 (Female)

## Useful Books

The Anger Control Workbook: M McKay, P Rogers. New Harbinger Press 2000 - Simple, innovative techniques for managing anger and developing healthier ways of relating.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

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## Feedback

We welcome any suggestions you have, please send your **comments, concerns, and compliments** to: Cheshire and Wirral Partnership NHS Foundation Trust, **PALS, Patient and Carer Experience Team**, Trust Headquarters, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

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## Brain injury and anger

**Acquired Brain Injury Service**  
**Acorn Suite**  
**1829 Building**  
**Countess of Chester Health Park**  
**Liverpool Road**  
**Chester**

**CH2 1HJ**

**Tel: 01244 389252 FAX: 01244 389255**

## What is anger?

Everyone feels angry sometimes and anger is a normal emotion. However, some people tend to become angry easily and some people have problems controlling their anger.

Anger is a very strong emotion and can have many consequences, such as hurting other people – more usually their feelings, but sometimes physically.

Anger becomes a problem when:

- It becomes too strong
- Happens too often
- Lasts too long
- Spoils relationships or work
- It leads to violence or aggression

Anger generally results from feelings of helpless or where people feel unable to control certain situations. Sometimes people can feel trapped by their circumstances and it can be hard to see a way out.

## Brain injury and anger

Many people become frustrated by their slow rate of recovery following a brain injury. This frustration is either directed at themselves for not progressing as they think they should, or at those whom they hold responsible for their injuries. Sometimes, frustration is taken out on those around them, people they are close to and who they can trust. Some people also find it hard to know when they are angry, or how to control their anger. However, anger can be a positive emotion and can become a powerful source of determination to improve and recover.

## Suggestions for controlling anger

### Walk away from situations

- Take deep, slow breaths
- Go out for a run or a walk
- Thump a cushion, kick a bean bag (Don't do anything that will hurt yourself or someone else!)
- Tell others that you are too angry to speak to them at this moment
- When you feel calmer, explain why you were feeling that way

### Recognise and reduce the physical symptoms

Relaxation and calming methods can help reduce tension and prevent anger becoming too severe. Some people can relax through exercise, listening to music, watching T.V., or reading a book. You may find a relaxation tape helpful.

### Problem Solving

Finding answers to practical problems that make you angry:

- Write down what the problem is
- List as many things you can do to help solve the problem
- Ask a friend what they might do
- Choose what seems the best solution
- Who might help?
- What might go wrong?

### Communication

- Slow down and listen to the other person
- Don't jump to conclusions – ask them to tell you more about what they are trying to say
- If someone is sounding defensive or critical, don't immediately fight back. Try and understand the feelings behind what is being said. They may feel hurt, afraid or unloved.

## Could my anger be a problem?

Do you find you:

- Shout and argue
- Throw objects / slam doors
- Get irritable
- Think the worst of people

Do you find you:

- Heart pounding
- Head buzzing
- Getting hot
- Chest feeling tight

If you can answer yes to two or more of the above, more than once a week, you can seek more help or advice.

## Where can I get some help?

If you feel you are making little progress, or the problem is getting worse, your GP is the best person to talk to first.



People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.



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