



SGS Wellbeing Service &
Students' Union

ANGER

wellbeingservice@sgscol.ac.uk

What is Anger?

We all feel angry at times – it is part of being human. Anger is a normal, healthy emotion, which we might experience if we feel: attacked, deceived, frustrated, invalidated or unfairly treated.

It isn't necessarily a 'bad' emotion; in fact it can sometimes be useful. For example, feeling angry about something can: help us identify problems or things that are hurting us, motivate us to create change, achieve our goals and move on and can help us stay safe and defend ourselves in dangerous situations by giving us a burst of energy as part of our fight or flight system.

Most people will experience episodes of anger which feel manageable and don't have a big impact on their lives. Learning healthy ways to recognise, express and deal with anger is important for our mental and physical health.

Anger only becomes a problem when it gets out of control and harms you or 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;
- anger becomes your go-to emotion, blocking out your ability to feel other emotions;
- you haven't developed healthy ways to express your anger.

How to get help

Speak to any member of staff or email your concerns to the colleges Safeguarding Team at wellbeingservice@sgscol.ac.uk

For more information, advice and guidance visit [Ecampus](#)

Other support

[Be Mindful](#)

[Respect](#)

[0808 802 40 40](tel:08088024040)

[0808 801 0327](tel:08088010327) (Men's Advice Line)