

## How to know anger is connected to a brain injury

Usually the feelings of anger come and go quickly.

You notice the anger has become more pronounced since the injury.

Minor things cause an outburst of anger, and this didn't happen before the injury.

You feel embarrassed, surprised, or distressed by your anger.

Fatigue, pain or low blood sugar levels cause you to feel angry.

# Common factors that trigger anger

**Too much noise** which makes it hard to concentrate and hear

**Unexpected events** can upset a routine

**Lack of structure** can create a feeling of chaos and make people feel vulnerable

**Frustration** at not being able to find the right word, keep up with a conversation, or do something you were previously able to do

**Not feeling listened to**

**Low mood** or low self esteem

**Looking back:** Getting angry every time they think about what caused their injury

**'New Self':** Anger at your 'new self' and the deficits you may be living with after your injury

# Coping with anger after a brain injury

**Walk away from the situation** to reduce your anger in the moment. Calm your mind and your breathing.

**Ask yourself: is it worth feeling angry?** When you are calm, look at the situation again and consider if it is worth being angry. If the answer is no, you might decide to let it drop. If the answer is yes, then think of a calm response.

**Write it down:** Write down what happens in your body when you are angry so that you can recognise the signs when it is happening.

**Breathing and relaxation:** Practice relaxation techniques and breathing exercises.

**Exercise:** Go for physical exercise to help you calm down.

**Avoid triggers,** like over-stimulation or busy places.

**Be patient:** Try to understand what is causing your anger, and why you may be feeling this way.