

Knowing yourself ¹

Knowing yourself is a fundamental principle of building self-esteem and confidence. We all have things that we are good at and things that we are not we should build on the things we are good at and try to improve on the things we are not, if appropriate, throughout our lives. Knowing yourself can be really helpful in finding out what makes you angry and how it makes you behave.

What you should do

Find a time when you are relaxed, even talk it through with a friend or someone who knows you well and you trust and answer the following questions. Take as much time as you need, be truthful to yourself and reflect on the answers.

- *What triggers your anger?*
- *What signs tell you that you are about to lose control?*
- *Is there a pattern of unhelpful behaviours you have adopted?*
- *What has happened when you have used these behaviours?*
- *What works to calm you down?*
- *Are there any triggers in your daily life or environment that you could change?*

Protect your mental health

Feeling stressed makes it harder to cope with potential trigger incidents, people with good mental health are better able to cope when things go wrong. The following are known to be good for our mental health.

- *Keep active*
- *Eat well – a balanced diet, some food provides fuel others have nutrients that affect our moods.*
- *Drink sensibly – excessive drink and drugs can make anger problems worse*
- *Talk with friends and loved ones – be open and ask for help when you need emotional support.*
- *Take time to relax and enjoy yourself*
- *Be you and do something you are good at – respect and care for others*

¹ Adapted from Mental Health Foundation