

Your Virtual Guide to improve your  
Mental Health and Wellbeing.

# Tips for irritability management

This self-help guide was made to help  
people with **mild to moderate symptoms**.

If you are not sure how you feel, ask for  
a **Psychological Coaching** with our Clinical  
Psychologists.



## IRRITABILITY SYMPTOMS

Anger can cause many different symptoms. It could affect the way you feel physically or mentally, or how you behave. Some people become aggressive toward others when they are angry. Other people hide their anger and may take it out on themselves.

It is not always easy to recognize when anger is the reason you behave differently. Keep in mind that some of the things that make you angry may not upset other people at all. You may find it difficult to explain why you feel this way, but talking to someone could help you find a solution.

## RECOMMENDATIONS FOR DEALING WITH IRRITABILITY

1. **Identify what triggers your irritability or anger.** Try to recognize when you are starting to feel angry so that you can take measures to calm down as soon as possible. While you shouldn't blame people or external circumstances for your difficulty staying calm, understanding the things that trigger your anger can help you plan accordingly.

You can decide to structure your day differently in order to help you better manage your irritability (e.g., go to the grocery store earlier to avoid queues). Or, you can practice some anger management strategies before you encounter circumstances that are usually upsetting to you.

2. **Give yourself time to think before you act.** Feeling irritable often leads us to react without thinking, thus causing harm to others or to ourselves. Try counting to 10 and doing breathing exercises to calm yourself down. You can also try to relax by looking at your surroundings and making a list of everything that you are able to see.
3. **Be physically active.** Activities such as running, walking, swimming and yoga can help you relax and reduce stress. There is evidence that shows that physical activity decreases irritability.



4. **Come up with a "calming" kit.** If you tend to come home from work stressed and you take your anger out on your family, or you know that meetings at work can cause you a lot of frustration, come up with a calming kit that you can use to relax.

Think of objects that can help you engage all of your senses. When you can look, hear, see, smell and touch soothing things, you can change your emotional state. So a calming kit might include scented hand lotion, a picture of a peaceful landscape, a thought-provoking quote that you can read aloud, and your favorite treat. Include things you know will help you stay calm.

You can also create a virtual calm kit that you can carry around. These are things you can turn to when needed and are more easily portable. For example, relaxing music and images, guided meditation or breathing exercise instructions can be stored in a special folder on your cell phone or computer.

5. **Avoid:**

- Focusing on the things you can't change. Focus your time and energy on helping yourself feel better.
- Trying to do everything at once. Set small goals that you can easily achieve.
- Telling yourself that you are alone. Most people get angry sometimes and support is always available.
- Consuming alcohol, cigarettes, gambling or drugs to relieve anger. All of these can contribute to poor mental health.