

Anger Management & Mood Regulation

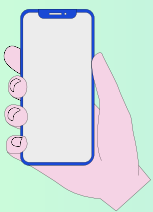
People with ADHD often experience anger and other emotions intensely and impulsively because of emotional dysregulation, which is the difficulty in controlling and moderating emotional responses due to a difference in the brain's executive functions. There are a number of strategies you can implement to help in regulating your emotions, such as:

The immediate pause button: when you feel that intense anger, it helps to pause to stop your brain going into fight or flight.



Pause and breathe, take a deep breath in, and then make your breath out longer than your inhale. This action signals safety to your nervous system. Then try to delay your response and allow your emotions to cycle through until you can intentionally pause, breathe, and think more rationally.

Movement is a great way to process emotional energy. A self management tool is to **get out of a triggering situation and walk it off**. Dr's advise a 10-15 minute walk can help you gain perspective and can help release excess energy and stress.



Manage your Media: If the news or certain media causes anxiety or stress, reduce your exposure or even block certain words and topics from your feed.

Communicate: Try to inform your friends, family and colleague's about your ADHD and how regulating emotions can be a challenge. Let them know any specific triggers you may have and how they can help in the future.



Reach out for help: If you feel you would benefit from additional support with your anger, contact your GP to see if they could refer you to a local anger management programme or counselling.