

Parent Wellbeing Tip Sheet



Irritability and Anger

The stresses of parenting can contribute to feelings of irritability and anger. While everyone will feel like this sometimes it is important to manage and control your anger, as it can adversely affect your relationships and long term mental health.

Here are some simple tips to follow:

- Try to identify the things that are causing you to be irritable, make a list of them and try to avoid these triggers. Common causes include:
 - stress
 - sleep deprivation
 - depression
 - sickness
 - emotional problems
 - drug interactions and combinations
- Pay attention to your body, being hot, cold or hungry can make you irritable.
- Regulate the amount of alcohol you are drinking, alcohol can make you belligerent.
- When you feel yourself becoming angry, take a few deep breaths, this will help you to relax.
- If your anger is seriously affecting your relationships, seek out an anger management group or counsellor.
- Set aside some time each day for yourself – this could be for anything; reading, walking, pampering yourself or working with your hands.
- Use physical exercise to release pent up emotion.
- Study relaxation techniques.