
A PLACE FOR MY HEAD

ANGER

Thanks to Ben for helping with this one

Anger is an emotion experienced on a spectrum. It is something you feel rise from the pit of your stomach to your head. This can be like; only hearing your heartbeat, losing it, not feeling human, like you're not there (an outer body experience). Anger may make you feel hypervigilant and fearful of losing your temper. It may be split into different parts such as rage which happens in seconds e.g. not hearing the volume of my voice or being unable to feel my body. Another part is guilt/exhaustion which happens in the minutes/hour/days after e.g. like pulling the plug on yourself, feeling self-conscious and low mood.

WHAT HELPS?

Finding an outlet to control and vent the anger. This can look like; activities such as controlled breathing, exercise (with weights) and group exercises such as martial arts or talking to someone with similar experiences. This makes me feel safer and in control so I can focus on managing and communicating my anger effectively. Listening to heavy metal music helps because I hear about other people's experiences of anger, which is cathartic, it feels like letting out my anger like its bile from my stomach. Being in a mosh-pit at heavy metal gigs feels like a boundaried and healthy way to express anger and get support from the heavy metal community at the same time.

METAL SONGS ABOUT ANGER

ACDC – most songs

Slipknot – Wait and bleed

36 Crazy Fists - Slit wrists theory

Machine Head – Aesthetics of Hate,
the blood the sweat and the tears

Disturbed - Down with the sickness

Rage Against The Machine - Sleep now
in the fire

Skindred - Bruises

Limp Biscuit – Break stuff

RESOURCES FOR ANGER

HMT Anger Playlist and website for stories about Anger.

Further Help with Anger - If you are in the UK and are struggling with anger, and think you need support from mental health services you can seek a referral via your GP or seek advice via NHS 111

Self-help resources - If you are in the UK and are struggling with anger, and want to try self-help materials visit <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/problems-with-anger-self-help-guide>

FOR MORE INFORMATION, PLEASE VISIT:
WWW.HEAVYMETALTHERAPY.CO.UK