

make
TODAY
great

ANGER ITSELF IS NOT THE PROBLEM, BUT EXPRESSING IT IN THE WRONG WAY IS

Anger is a response to a perceived threat, past, present or future. Anger is a reaction to not having our needs met. Anger lets us know that something is not quite right and we need to do something about it.

TO DEAL WITH ANGER YOU NEED TO BE AWARE

- A** Acknowledge how you are feeling.
- W** Wait to react or respond to the situation.
- A** Anchor yourself. Plant your feet on the ground or be aware of what is around you.
- R** Respond to the situation.
- E** Empathise with how other people are feeling.



REMEMBER



RELAX



STRATEGIES TO HELP REACH A CALM STATE

- Count backwards
- Breathe deeply and slowly
- Listen to relaxing music
- Take time away
- Do some exercise
- Relax clenched muscles
- Distract yourself
- Think positively
- Leave the situation to get some space

