



ANGER MANAGEMENT!

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WHAT IS ANGER?

We often think of anger as a bad thing. It's an emotion we have when we feel we've been unfairly treated or disrespected. But it's completely natural and healthy to feel angry now and then. It's how we respond to these feelings that matter.

WHEN DOES ANGER BECOME A PROBLEM?

Anger can be helpful because it motivates us to challenge social injustice just like Martin Luther King who fought for the rights of black people. However, if the anger is harming yourself or others around you, then this can be a problem. For example, if you express anger through destructive behaviour, or it's the only emotion you have, or it has a negative impact on your mental and physical health.

ARE THERE ANY SIGNS I AM GETTING ANGRY?

Yes! There are signs to look out for with your mind and body. You might feel nervous, irritable or have racing thoughts. But anger involves more than just your mind. It has a massive impact on your body like breathing quicker, shaking, sweating, butterflies in your stomach or having tense muscles.

WHAT CAN I DO TO MANAGE MY ANGER?

It's important to be more aware of those signs, for example, if you know your breathing gets quicker and you shake before an outburst, take a pause and remove yourself from the situation. Be more mindful of your triggers too that make you angry. Take a moment and ask yourself:

- What are my thoughts?
- Are they fact or opinion?
- Will this still be an issue in six months time?
- Lastly, think about what advice you would give to a friend experiencing the same situation