

Understanding and Managing Anger Workshop Notes

This worksheet is a companion to the video workshop and is not intended as a stand alone worksheet. Please consider your own confidentiality when writing, storing and disposing of this sheet.

- Anger is a natural, essential emotion that we use to protect us. Anger is tied in with our sense of feeling strong and empowered
- Anger helps us to manage fear. The spectrum of anger ranges from empowerment on one end and rage on the other

With high levels of anger

Is the anger irrational or disproportionate? Is it related to an issue from the past that hasn't been addressed? Do you still have these reactions?

- Unmonitored excess anger impacts our work, family and social life. This can make us isolated

What brings up your anger and why do you think this is?

Think of a recurring theme that results in anger in your life. When you connect to that particular type of anger, what does it feel like, how does it express itself to you and when do you first remember feeling like this? Is it connected to a past experience?

Deep breaths to deal with anger

Relax your neck, your shoulders, your arms, legs and face muscles. Breathe deep into the body and very slowly breathe out, focusing on relaxing as you breathe out. Is there anything else that helps you to get into the mindful space?

Fight or Flight

Fight or flight changes our body. Our pupils dilate which helps us take in our surroundings. The blood goes to our arms and legs to help us fight or run and to our lungs to help us get more oxygen. How have you handled this in the past and how could you change it?

Techniques to manage anger

- Pause. Count to ten
- Visualise something that helps you to process the anger - a tsunami, a tornado
- Exercise helps to move adrenalin
- Dancing
- Punch a pillow
- Pound a bed
- Let thoughts pass without being attached to them
- Mock a tantrum on a bed or safe mat
- Shout, scream, whine, wail or growl
- Take time out, leave the situation e.g. walk, car, bathroom
- Recognise your patterns. Notice the unhealthy ones and learn to manage them
- Watch the triggers, observe and be curious instead of allowing them to take over
- Turn to curiosity. Be an observer rather than getting lost in the anger
- Use problem solving as a technique to move you away from anger
- Use humour to help manage anger
- See the bigger picture and reassess
- We can learn to be strong, empowered and hold our ground from a compassionate place
- If issues persist consider joining anger management groups, group therapy or personal therapy

Take some time to think about what you need in relation to anger management:
