

MANAGING ANGER AND CONFLICT



Mental Health Services



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UNDERSTANDING ANGER

Anger, a normal human emotion, can become problematic and cause personal and interpersonal distress. You may recognise the following characteristics:

- high levels of tension,
- impulsive behaviour,
- low tolerance to frustration and stress,
- low self esteem,
- high expectations of self and others,
- hold negative beliefs about self, others and events.

Anger may take the form of aggressive outbursts towards others and inanimate objects, but may also be turned inward on yourself leading to depression and /or self harm. However it can be a great motivator or a destructive force.

On successful completion of the course it will be expected that levels of anger will be reduced and there will be an increase in the use of successful coping strategies.

The following topics will be covered in the course:

- Consequences of anger and aggressive behaviour
- Initial coping strategies and anger release exercises
- The functions of anger
- Beliefs
- Causes of anger
- The importance of thoughts in anger control
- Common types of thinking error
- The physiological response
- High risk situations
- Lifestyle and goal setting
- Relapse prevention

People who wish to do this course need to be:

- Motivated to change and be committed to attending regularly.
- Have an ability to relate to others and have a degree of tolerance to others problems.
- Be able to read and write.
(Let us know if this is a problem)

If you would like to attend the ***Managing Anger and Conflict*** course, please fill in the form below, tear it off and send it to the address on the front of the leaflet. We will then arrange an individual appointment to discuss the course further.

Mr/Mrs/Miss/Ms (delete as applicable)

Name:

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Address:

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Post code:

Tel No:

Date: