



Managing Anger

First off, anger is a natural emotion and response

It's is a signal something is not OK

Passive aggressive anger is another less obvious response but its the same thing just a different way of expressing it.

How to manage anger

Once you start to feel angry, Stop, Pause, Take 3 deep belly breaths

It might be helpful to call timeout with the person you are with.

Say that you are not going to be able to move forward and put a pin in it, it is important to come back to it

Looking Under the Bonnet

Anger is often the top-level response of something deeper, is it not being heard? Or a possible issue buried deep?

Anger turned inwards can lead to anxiety & depression, so it is important to try and look at where it's coming from.

Unresolved anger becomes something nastier; Hate, resentment, fear or sadness

Note It

Notice it; how do you feel?

Own it, try and own the feeling do not try and put it onto others

Tune into it; Where do you feel it in your body? (stomach? teeth?)

Evolve from it; work to understand so that you can grow from it

Talk about to someone you trust or a professional

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Mindsnaps CIC