

Anger Management



Visualisation

Walk through the woods

Puddle in the sun

Pink/Blue Bubble



Scaling

Where are you now?

Where do you want to be next week?

Where do you want to be at the end of the course?



Tension-relaxation cycles



Fight or flight

Meeting a saber tooth tiger



Breathing exercises

9 second breaths

5 increasingly slow breaths

Breathing through your feet



Solution-focused

You can do it already!

You just need to do it more often...

During this course you will

Identify triggers and when they haven't made you angry

Make more of the relaxation/calming strategies you already have

Increase confidence in your ability to make changes

Learn relaxation/calming techniques