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## East Kent

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# Dealing with Anger

Dealing with Anger is a workshop that helps people develop an understanding of anger and what to do when this becomes problematic. The workshop is aimed at both those looking to address their own anger as well as advice for friends and family.

During the workshop you will identify the causes of anger, what unhelpful behaviour is and the effects of anger on the body and mind. The workshop promotes the use of cognitive coaching, self-awareness and self-reflection to aid anger management. Participants are helped to identify causes for anger as well as warning signs and how to incorporate coping strategies to reduce automatic anger reactions.

The workshop includes participation in peer support group activities and exercises to give you the opportunity to learn better communication and an understanding of thoughts and patterns surrounding anger.

Email: [info@eastkentmind.org.uk](mailto:info@eastkentmind.org.uk) or call 0795 060 8827  
or book online at: [eastkentmind.org.uk](http://eastkentmind.org.uk)