

Self Help Resources – Useful sites & Information

Anger

Why am I so angry? – NHS guide on anger. It has useful links to practical skills on managing anger.

www.nhs.uk/Conditions/stress-anxiety-depression/Pages/about-anger.aspx

Anger Management – Tips and techniques for getting anger under control

www.helpguide.org/articles/relationships-communication/anger-management.htm

Keep your cool kit – Anger management activities, tips on handling anger appropriately and calming strategies for defusing difficult situations.

www.angermanage.co.uk/keep-your-cool-kit/

Controlling anger before it controls you – Information to help you understand and control anger.

www.apa.org/topics/anger/control.aspx

Anger Management Techniques – A YouTube video.

www.youtube.com/watch?v=BsVq5R_F6RA

Last updated: Sept 2018