



ANGER

Thoughts

- It's not fair – it's unjust !
- Others are treating me badly
- I won't stand for it. I must defend myself.



Body reaction

Adrenaline response – Body's alarm system - Energised for fight or flight. Blood is diverted to the big muscles to help us fight or escape the situation, and blood is therefore taken away from other body systems.

You might notice in your body:

- Heart rate increases
- Breathing speeds up, breathless, choking feeling
- Muscles tense, aching, shaking
- Hot, Sweating
- Lightheaded, Blurred vision
- Butterflies in tummy, urge to go to toilet
- More alert – scanning for danger
- Urge to go towards whatever is making us angry



Thinking differently

- What am I reacting to? What's pressing my buttons?
- How important is this really?
- What would someone say about this?
- Am I over-reacting? Is my reaction in proportion to the actual event?
- I feel like I'm being unfairly treated, but maybe they didn't mean it that way. Am I misreading things? Is this fact or opinion?
- What's the best thing to do?



Doing differently

- Take a breath.
- Walk away – or don't walk towards source of anger
- Do the best thing – best for me, for others and for the situation.
- When feeling calm, if still appropriate, do something about it in a calm, non-aggressive but assertive way.



Imagine...

Visualise yourself handling this situation in a calm, non-aggressive but assertive way, respecting the rights and opinions of everyone involved.



Visualise blue for calm, or green for balance.

Breathe in green/blue & breathe out red.