

Managing Anger and Stress for Women West Leederville



Anger is a challenging emotion for many and most of us have not been taught the skills to manage it. This course helps us to acknowledge and reduce our anger levels before we speak or act. The power we derive from communicating our feelings more appropriately, whether it's with our children, partners or in any other situation, enables us to improve our lives.

Some of the learning in this eight-week course includes:

- The relationship between stress and anger
- The 3 components of anger
- Looking at the myths around anger
- How to identify and manage your Early Warning Signs
- Mindfulness skills to assist in the management of self
- How to identify and manage 'old versus new' anger or stress
- The relationships between feelings, needs and wants
- Responding to other's anger or stress

This course is not suitable for people in a situation where there is domestic violence. Relationships Australia offer other programs and services that deal specifically with this issue.

When: Tuesdays 17, 24, 31 October, 7, 14, 21, 28 November, 5 December

Time: 6.30pm – 9.00pm

Where: WEST LEEDERVILLE – Level 1, 22 Southport St

Cost: \$150 per person



For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au

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