



**Milton Keynes MIND Counselling
at
Farthing House**

For Better Mental Health

Understanding & Managing Anger (Six week course)

Distressing and/or inappropriate or violent expressions of anger and rage are on the increase. This causes individuals stress; anxiety; physical ill-health and fear.

It affects relationships and creates a sense of isolation and loss of control.

The course will help you:

- Gain an understanding of our physical responses to anger.
- Understand what happens to our body when we respond to danger or fear.
- Learn what it feels like to be able to take effective control of our anger
- Express and release our emotions in a positive way

(Fees charged will be according to personal circumstances)

For further information on these courses please contact us

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