

Managing Anger and Stress for Women

Online via Zoom

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.

Learning in this four-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
- Strategies for dealing with the after affects of intense anger
- Attachment needs – what are they and why are they important
- Developing a script for expressing anger and asserting your needs
- Responding to other's anger or stress
- Validation and self-validation
- The values that support you to work on maintaining the actions you have set in motion to effectively manage your stress and anger

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: Tuesday 23 30 April 7 14 May 2024

Time: 6.30pm – 9.00pm AWST

Where: Online via Zoom

Cost: \$95 per person

Bookings are required. Please phone 6164 0200 to enrol.

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

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