

# Understanding Anger

This 1 day workshop explores emotion, the importance of strong emotions like anger and how to manage them if they begin to affect our life. We will learn how to recognise and respond to our own anger, how to improve our distress tolerance and develop skills to support someone managing strong emotion.

**Suitable for:** Anyone with an interest in mental health, recovery and managing strong emotion

## Learning Outcomes:

- > To strengthen participants' knowledge around mental health and wellbeing
- > To strengthen participants' knowledge around emotional regulation
- > To strengthen participants' knowledge of neurobiology and emotion
- > To deepen participants' awareness around their own anger style
- > To develop participants' understanding of distress tolerance, coping mechanisms and anger management
- > To develop participants' skills in respond to another's anger

## Morning Session:

- > Understanding mental health and wellbeing
- > Using Paul Gilbert's emotional regulation model to understand why we feel the way we do and how we manage emotion
- > The neurobiology of our nervous system's threat response
- > What is anger and when does it become problematic?

## Afternoon Session:

- > Exploring 11 anger styles and how they work to protect us
- > Identifying our own anger style and how this impacts our life
- > Working to manage the experience of anger in the moment using the emotional regulation model as a guide
- > Strategies for developing resilience and coping mechanisms to improve distress tolerance
- > Supporting someone managing strong emotion

Hand-outs will be distributed during the workshop and a comprehensive follow-up email with resources and further information will be sent out upon completion of the workshop.

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Norwich & Central W: [www.norwichmind.org.uk](http://www.norwichmind.org.uk)  
Norfolk Mind T: 01603 432 457  
50 Sale Road E: [learnwithus@norwich.org.uk](mailto:learnwithus@norwich.org.uk)  
Norwich  
NR7 9TP



Norwich & Central Norfolk Mind