



Taming my Temper

Taming My Temper is a 6 week course dealing with anger management specifically designed for young people aged 11-16 that may have issues controlling their emotions and want to reduce the levels of anger and hostility that they display.

This course looks at the causation of negative emotional behaviour and the anger response displayed by people. It then looks at ways to minimize negative emotions and alternative ways to cope and remain calm.

Utilising Cognitive Behavioural Coaching, peer interaction support, self-discovery exercises, relaxation techniques and task setting the course enables participants to:

- Explore anger in its broadest context and improve awareness.
- Understand anger and how it can affect people, introducing theory around thoughts, feelings and behaviours, encouraging participants to explore their own emotions.
- Learn about different cognitive styles and how these can have an impact upon life.
- Learn different techniques to improve relaxation.
- Understand emotional responses and how these can be better managed.
- Understand stress and the role it plays in negative emotional responses.
- Explore life-long coping strategies to maintain wellbeing.

Starting 16th September 2019

from 4pm-5pm

at Fusion Healthy Living Centre, Park Wood, ME15 9XF

If you would like to know more about our Taming my Temper course please contact **Annie Palmer** via email: anniepalmer@fusionhlc.org.uk