

## Self Help Resources – Useful sites & Information

### Anger

**Why am I so angry?** – NHS guide on anger. It has useful links to practical skills on managing anger.

[www.nhs.uk/Conditions/stress-anxiety-depression/Pages/about-anger.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/about-anger.aspx)

**Anger Management** – Tips and techniques for getting anger under control

[www.helpguide.org/articles/relationships-communication/anger-management.htm](http://www.helpguide.org/articles/relationships-communication/anger-management.htm)

**Keep your cool kit** – Anger management activities, tips on handling anger appropriately and calming strategies for defusing difficult situations.

[www.angermanage.co.uk/keep-your-cool-kit/](http://www.angermanage.co.uk/keep-your-cool-kit/)

**Controlling anger before it controls you** – Information to help you understand and control anger.

[www.apa.org/topics/anger/control.aspx](http://www.apa.org/topics/anger/control.aspx)

**Anger Management Techniques** – A YouTube video.

[www.youtube.com/watch?v=BsVq5R\\_F6RA](http://www.youtube.com/watch?v=BsVq5R_F6RA)

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