



This week marks Anger Awareness Week. Our daily lives can be full of frustrations such as long queues, slow Wi-Fi, traffic jams or finding an empty carton of milk in the fridge.

Our frustrations can sometimes make us feel angry and that is a normal and healthy human emotion. However, sometimes our anger becomes out of control and has an impact on our mental health and wellbeing and also the people around us. This week is a good opportunity to reflect on our anger and consider whether it is normal or not. In situations that our anger is becoming out of control, we can take simple measures to ensure that we take a step back and reflect on the situation.

With Christmas coming up, many of us will find this to be a stressful time. The statistics tell us that more than half of us have family disagreements over Christmas. In anticipation of this, the British Association of Anger Management has produced a “Keep Your Cool Over Yule” toolkit with helpful advice on handling anger and diffusing situations: [https://cdn.angermanage.co.uk/wp-content/uploads/2021/11/Keep-Your-Cool-This-Yule\\_2021.pdf](https://cdn.angermanage.co.uk/wp-content/uploads/2021/11/Keep-Your-Cool-This-Yule_2021.pdf)

Please remember that our Employee Assistance Programme which is provided by Health Assured remains available to all our employees. Health Assured can provide support on a wide range of wellbeing issues. Health Assured can be contacted 24/7 on 0800 028 0199 where professionally qualified counsellors are available to take your call and provide confidential advice and support on any issue that may be concerning you. There is no cost to you for accessing the service.