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Mental Health & Wellbeing

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This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

Safe Haven Connect CIC is not a healthcare provider, and this workbook should not be used to diagnose or treat any mental or physical health condition.

If you are concerned about your mental or physical health, or your anger is leading to harm to yourself or others, please speak with your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you accept responsibility for your own wellbeing and decisions.

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PAGE 1 – Understanding Anger

 What is anger?

Anger is a normal human emotion.

It can alert us when something feels unfair, frustrating or threatening.

Anger itself isn't the problem—it's how we respond to it that matters.

Learning to recognise and manage anger can improve your relationships, wellbeing and quality of life.

Signs of anger

- ☐ Raised voice.
- ☐ Clenched fists.
- ☐ Racing heart.
- ☐ Feeling hot.
- ☐ Tight muscles.
- ☐ Irritability.
- ☐ Frustration.
- ☐ Difficulty thinking clearly.
- ☐ Wanting to shout or argue.
- ☐ Feeling out of control.

Reflection

How does anger usually affect me?

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PAGE 2 – My Anger Triggers

Everyone has different triggers.

Understanding yours is the first step towards managing your reactions.

♥ My anger is often triggered by...

- ☐ Stress.
- ☐ Feeling ignored.
- ☐ Feeling criticised.
- ☐ Family disagreements.
- ☐ Work pressures.
- ☐ Traffic.
- ☐ Financial worries.
- ☐ Feeling overwhelmed.
- ☐ Lack of sleep.
- ☐ Other

♥ My biggest trigger

♥ How do I usually react?

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PAGE 3 – Recognising the Warning Signs

Anger often builds gradually before it reaches its peak.

Learning to notice the early warning signs gives you the opportunity to respond differently.

♥ Before I become angry I notice...

☐ My breathing changes.

☐ My heart beats faster.

☐ I clench my jaw.

☐ I raise my voice.

☐ I become impatient.

☐ I feel tense.

☐ My thoughts race.

☐ I want to walk away.

☐ I stop listening.

♥ My early warning signs

♥ One thing I'll try when I notice these signs

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PAGE 4 – Understanding What Anger Is Telling Me

Anger is often a sign that something deeper needs attention.

Sometimes anger can be covering other emotions such as sadness, fear, disappointment or feeling hurt.

Understanding what's underneath your anger can help you respond in healthier ways.

 Before I became angry, I was feeling...

- ☐ Hurt
- ☐ Disappointed
- ☐ Embarrassed
- ☐ Stressed
- ☐ Worried
- ☐ Lonely
- ☐ Frightened
- ☐ Overwhelmed
- ☐ Unheard
- ☐ Other

♥ What do I think my anger was trying to tell me?

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PAGE 5 – Taking a Pause

When anger rises, taking a short pause can help you respond rather than react.

Even a few slow breaths can make a difference.

♥ When I notice anger building, I will...

- ☐ Take five slow breaths.
- ☐ Count slowly to ten.
- ☐ Walk away for a few minutes.
- ☐ Have a drink of water.
- ☐ Relax my shoulders.
- ☐ Think before I speak.
- ☐ Remind myself I have a choice.
- ☐ Return when I feel calmer.

♥ What helps me calm down?

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PAGE 6 – Healthy Ways to Express Anger

It's okay to feel angry.

The goal is to express anger in a respectful and healthy way.

♥ Healthy ways I can respond

- ☐ Speak calmly.
- ☐ Explain how I feel.
- ☐ Listen to the other person.
- ☐ Take a break before responding.
- ☐ Exercise.
- ☐ Write down my thoughts.
- ☐ Practice relaxation.
- ☐ Ask for support.
- ☐ Focus on solving the problem.
- ☐ Be respectful.

♥ One healthy response I'll practise

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PAGE 7 – Daily Reflection

Take a few moments to reflect on today.

♥ Today I managed my anger by...

♥ One situation I handled well

♥ One thing I'm proud of

♥ One thing I'll do differently tomorrow

♥ Remember

Anger is a normal emotion.

You are not defined by your anger—you are defined by the choices you make when you experience it.

Every time you pause, breathe and choose a healthier response, you're building emotional strength.

Small changes in how you respond can make a big difference in your relationships and wellbeing. ♥

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PAGE 8 – Recognising My Anger Patterns

Anger often follows a pattern.

Understanding when, where and why you become angry can help you respond more calmly in the future.

♥ I notice I become angry when...

☐ I'm tired.

☐ I'm stressed.

☐ I feel ignored.

☐ I feel disrespected.

- ☐ I'm under pressure.
- ☐ Things don't go to plan.
- ☐ I'm criticised.
- ☐ I'm not listened to.
- ☐ Other

♥ My most common anger pattern

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PAGE 9 – Challenging Angry Thoughts

Our thoughts influence how we feel and react.

Taking a moment to question angry thoughts can help us respond more thoughtfully.

♥ What was I thinking?

♥ Is there another way to look at this situation?

♥ A calmer response could be...

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PAGE 10 – Healthy Ways to Release Anger

Releasing anger safely can help reduce tension and improve wellbeing.

♥ Healthy ways I can release anger

☐ Go for a walk.

☐ Exercise.

☐ Practice deep breathing.

☐ Listen to music.

☐ Journal my thoughts.

☐ Talk to someone I trust.

☐ Stretch or do yoga.

☐ Spend time outdoors.

☐ Practice mindfulness.

☐ Do something creative.

♥ The activity that helps me most

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PAGE 11 – Weekly Reflection

Take a few moments to reflect on your progress.

♥ This week I managed my anger by...

♥ One thing that helped me most

♥ One thing I've learned about myself

♥ My goal for next week

♥ Remember

Managing anger isn't about never feeling angry.

It's about recognising your emotions, understanding your triggers and choosing healthier ways to respond.

Every time you pause instead of reacting, you're building stronger relationships and greater emotional control.

Progress happens one calm choice at a time. ♥

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PAGE 12 – Learning to Communicate Calmly

Anger can make it difficult to express what we really need.

Learning to communicate calmly helps others understand your feelings while reducing conflict.

♥ Instead of...

☐ Shouting.

- ☐ Interrupting.
- ☐ Blaming.
- ☐ Walking away without explaining.
- ☐ Holding my feelings in.
- ☐ Saying hurtful things.
- ☐ Becoming defensive.
- ☐ Raising my voice.

♥ I can try...

- ☐ Speaking calmly.
- ☐ Using "I feel..." statements.
- ☐ Listening before responding.
- ☐ Taking a short break if needed.
- ☐ Explaining my feelings respectfully.
- ☐ Asking questions.
- ☐ Looking for solutions together.
- ☐ Staying respectful.

♥ One communication skill I'll practise

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PAGE 13 – Understanding Forgiveness

Forgiveness doesn't mean accepting hurtful behaviour.

It means choosing not to let anger and resentment control your wellbeing.

Forgiveness is a gift you give yourself.

♥ Someone or something I'm struggling to let go of

♥ What would help me move forward?

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PAGE 14 – My Anger Journal

Reflect on a recent situation where you felt angry.

♥ What happened?

♥ How did I respond?

♥ What could I do differently next time?

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PAGE 15 – Weekly Reflection

Take time to recognise your progress.

♥ This week I stayed calm when...

♥ A healthy choice I made

♥ One thing I'm proud of

♥ My goal for next week

♥ Remember

You cannot always control what happens around you.

But you can learn to control how you respond.

Every calm conversation...

Every deep breath...

Every choice to walk away instead of react...

Is another step towards becoming the person you want to be. ♥

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PAGE 16 – Managing Stress Before It Becomes Anger

Stress and anger are often closely connected.

When stress builds up, it can become harder to stay calm.

Looking after your stress levels can help prevent anger from escalating.

♥ Signs I'm becoming stressed

- ☐ I feel tense.
- ☐ I become impatient.
- ☐ I struggle to concentrate.
- ☐ I feel overwhelmed.
- ☐ I become easily irritated.
- ☐ I sleep poorly.
- ☐ I withdraw from others.
- ☐ I feel exhausted.
- ☐ Other

♥ One way I'll reduce my stress today

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PAGE 17 – Taking Responsibility

Managing anger means taking responsibility for how we respond, even when situations are difficult.

Taking responsibility isn't about blaming yourself—it's about recognising that you have the power to choose your actions.

♥ Today I will...

- ☐ Pause before reacting.
- ☐ Admit when I'm wrong.
- ☐ Apologise if I've hurt someone.
- ☐ Listen to understand.
- ☐ Speak respectfully.
- ☐ Learn from mistakes.
- ☐ Focus on solutions.
- ☐ Keep practising healthy habits.

♥ One responsibility I'll take today

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PAGE 18 – My Calm Toolkit

Create your own toolkit to help when anger starts to build.

♥ My Calm Toolkit

- ☐ Slow breathing.
- ☐ Going for a walk.
- ☐ Drinking water.
- ☐ Listening to music.
- ☐ Journaling.
- ☐ Talking to someone I trust.
- ☐ Stretching or exercise.
- ☐ Mindfulness.
- ☐ Taking a short break.
- ☐ Counting to ten.
- ☐ Other

♥ My three most helpful coping tools

1.

2.

3.

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PAGE 19 – Looking Forward

Managing anger is a skill that develops over time.

Every calm response helps build healthier habits and stronger relationships.

♥ Looking ahead...

One trigger I'll handle differently

One strength I'll rely on

My promise to myself

♥ Remember

Feeling angry doesn't make you a bad person.

What matters is learning healthier ways to understand and express that anger.

Every time you pause before reacting, you strengthen your self-control, your confidence and your relationships.

You have the ability to choose calm, even during difficult moments. 

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PAGE 20 – Understanding My Triggers

Every person experiences anger differently.

Recognising the situations, thoughts or feelings that trigger your anger can help you prepare and respond in healthier ways.

 My common triggers include...

- ☐ Feeling ignored.
- ☐ Being criticised.
- ☐ Feeling disrespected.
- ☐ Stress at work.
- ☐ Family conflict.
- ☐ Financial pressure.
- ☐ Feeling misunderstood.
- ☐ Being tired.
- ☐ Feeling overwhelmed.
- ☐ Other

♥ The trigger that affects me most

♥ What could I do differently next time?

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PAGE 21 – Choosing My Response

You cannot always choose what happens to you.

You can choose how you respond.

Taking a moment to pause gives you the opportunity to make a healthier choice.

♥ Next time I feel angry, I will...

- ☐ Pause before speaking.
- ☐ Take slow breaths.
- ☐ Walk away for a few minutes.
- ☐ Listen before responding.

- ☐ Speak respectfully.
- ☐ Focus on solving the problem.
- ☐ Ask for support if needed.
- ☐ Be kind to myself afterwards.

♥ My calm response

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PAGE 22 – Building Positive Relationships

Healthy relationships are strengthened by respect, communication and understanding.

Managing anger can help create stronger connections with the people around you.

♥ Healthy relationships include...

- ☐ Respect.
- ☐ Trust.
- ☐ Honest communication.
- ☐ Listening.
- ☐ Patience.
- ☐ Kindness.

☐ Healthy boundaries.

☐ Support.

☐ Forgiveness.

☐ Teamwork.

♥ One relationship I'd like to improve

♥ One step I can take

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PAGE 23 – My Anger Reflection

Take a moment to recognise your progress.

♥ Since starting this workbook...

I have learned...

I feel calmer because...

One thing I will continue practising...

♥ Remember

Managing anger isn't about never feeling frustrated.

It's about learning to recognise your emotions, respond thoughtfully and build healthier relationships.

Every calm choice you make strengthens your confidence and emotional wellbeing.

You have the ability to respond with patience, understanding and self-control. ♥

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PAGE 24 – Letting Go of Resentment

Holding on to anger for a long time can affect your mental and physical wellbeing.

Letting go doesn't mean what happened was acceptable—it means choosing not to let it control your future.

♥ I'm holding on to...

♥ How is this affecting me?

♥ One step I can take to move forward

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PAGE 25 – Celebrating My Progress

Every time you respond calmly instead of reacting, you're building a healthier habit.

Take time to recognise your achievements.

♥ Today I...

- ☐ Stayed calm during a difficult situation.
- ☐ Took a break before reacting.
- ☐ Used deep breathing.

- ☐ Communicated respectfully.
- ☐ Listened to another person's point of view.
- ☐ Walked away when I needed to.
- ☐ Solved a problem calmly.
- ☐ Treated myself with kindness.
- ☐ Continued practising.

♥ My biggest success today

♥ How did it make me feel?

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PAGE 26 – My Anger Management Plan

Managing anger is an ongoing journey.

Small, consistent habits help create lasting change.

♥ I will continue to...

- ☐ Pause before reacting.

- ☐ Practice slow breathing.
- ☐ Recognise my triggers.
- ☐ Communicate calmly.
- ☐ Exercise regularly.
- ☐ Look after my wellbeing.
- ☐ Ask for support when needed.
- ☐ Learn from difficult situations.
- ☐ Celebrate progress.
- ☐ Keep moving forward.

♥ My personal goal

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PAGE 27 – Looking Ahead

Every challenge is an opportunity to practise new skills.

Progress happens one calm decision at a time.

♥ Looking ahead...

One trigger I'll manage differently

One strength I'll rely on

My message to my future self

♥ Remember

You cannot change the past, but you can choose how you respond today.

Every calm breath.

Every respectful conversation.

Every thoughtful decision.

Is helping you become the person you want to be.

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Conflict is a normal part of life.

The goal isn't to avoid conflict altogether—it's to handle it with respect, patience and self-control.

♥ During a disagreement I will...

- ☐ Stay calm.
- ☐ Listen without interrupting.
- ☐ Speak respectfully.
- ☐ Focus on solving the problem.
- ☐ Take a break if emotions become overwhelming.
- ☐ Avoid shouting or blaming.
- ☐ Keep an open mind.
- ☐ Remember we're trying to solve a problem, not win an argument.

♥ One conflict I'd like to handle differently

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PAGE 29 – Recognising My Strengths

Managing anger takes courage, patience and commitment.

Take a moment to recognise the strengths that help you move forward.

♥ My strengths include...

- ☐ Patience
- ☐ Courage
- ☐ Kindness
- ☐ Honesty
- ☐ Determination
- ☐ Self-awareness
- ☐ Compassion
- ☐ Resilience
- ☐ Responsibility
- ☐ Self-control
- ☐ Hope
- ☐ Other

♥ Three strengths I'm proud of

1.

2.

3.

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PAGE 30 – My Calm Action Plan

Healthy habits make it easier to manage difficult emotions.

♥ This month I will...

- ☐ Pause before reacting.
 - ☐ Practice deep breathing.
 - ☐ Exercise regularly.
 - ☐ Get enough sleep.
 - ☐ Eat balanced meals.
 - ☐ Talk about my feelings.
 - ☐ Use my calm toolkit.
 - ☐ Learn from difficult situations.
 - ☐ Celebrate my progress.
 - ☐ Continue growing.
-

♥ My anger management goal

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PAGE 31 – My Anger Management Journey

Take a moment to recognise how far you've come.

♥ Looking back...

The biggest thing I've learned is...

The strategy that has helped me most is...

One thing I'm most proud of is...

♥ Remember

Managing anger doesn't mean never feeling frustrated.

It means learning to pause, think and respond in ways that protect your wellbeing and your relationships.

Every calm choice you make is helping you become stronger, wiser and more confident.

You have the power to choose your response, and that choice can change your future. ❤️

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PAGE 32 – Taking Care of My Wellbeing

Looking after your physical and emotional wellbeing can make it easier to manage anger.

Small daily habits can improve your mood, reduce stress and help you respond more calmly.

❤️ This week I will...

- ☐ Get enough sleep.
- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Exercise or move my body.
- ☐ Spend time outdoors.
- ☐ Practice relaxation.
- ☐ Take regular breaks.
- ☐ Talk about my feelings.
- ☐ Do something I enjoy.
- ☐ Celebrate my progress.

♥ One healthy habit I'll continue

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PAGE 33 – Building Healthy Communication

Healthy communication helps prevent anger from damaging relationships.

Speaking honestly, listening carefully and showing respect can make difficult conversations easier.

♥ Today I will...

- ☐ Listen without interrupting.
- ☐ Speak calmly.
- ☐ Use respectful language.
- ☐ Express my feelings honestly.
- ☐ Ask questions before making assumptions.
- ☐ Stay focused on the issue.
- ☐ Be willing to compromise.
- ☐ Show empathy.

♥ One communication skill I'll practise

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PAGE 34 – My Personal Calm Toolkit

Everyone has different ways of calming themselves.

Create your own toolkit to use whenever anger starts to build.

 My Calm Toolkit

- ☐ Slow breathing.
- ☐ Going for a walk.
- ☐ Listening to music.
- ☐ Exercise.
- ☐ Journaling.
- ☐ Talking to someone I trust.
- ☐ Mindfulness.
- ☐ Drinking water.
- ☐ Taking a short break.
- ☐ Counting slowly to ten.
- ☐ Other

♥ My three most helpful calming tools

1.

2.

3.

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PAGE 35 – My Anger Management Journey

Take a moment to recognise your progress.

♥ Looking back...

The biggest lesson I've learned is...

The coping skill that has helped me most is...

One thing I'm most proud of is...

♥ Remember

Managing anger is a journey, not a destination.

Every calm conversation, every thoughtful response and every positive choice helps build healthier habits.

Each step you take is helping you become the person you want to be. ♥

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PAGE 36 – Moving Forward with Confidence

Managing anger doesn't mean you'll never feel angry again.

It means trusting yourself to respond in healthier ways.

Every time you choose to pause, breathe and communicate calmly, you're strengthening your emotional wellbeing.

♥ Today I choose to...

☐ Pause before reacting.

☐ Think before I speak.

☐ Respect myself and others.

- ☐ Stay calm during disagreements.
- ☐ Learn from difficult situations.
- ☐ Practice patience.
- ☐ Focus on solutions.
- ☐ Believe in my ability to change.

♥ One thing I'll do differently from today

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PAGE 37 – My Personal Commitment

Positive change happens through the promises we keep to ourselves.

♥ I promise to...

- ☐ Recognise my triggers.
- ☐ Use my calm toolkit.
- ☐ Communicate respectfully.
- ☐ Ask for help when I need it.
- ☐ Learn from setbacks.
- ☐ Practice self-control.

☐ Be patient with myself.

☐ Continue growing every day.

 My personal commitment

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PAGE 38 – My Wellbeing Plan

Looking after yourself supports healthy emotions and helps you manage anger more effectively.

 I will continue to...

☐ Get enough sleep.

☐ Eat nutritious meals.

☐ Stay hydrated.

☐ Exercise regularly.

☐ Spend time outdoors.

☐ Make time to relax.

☐ Stay connected with supportive people.

☐ Continue practising healthy coping skills.

☐ Be kind to myself.

☐ Celebrate every success.

♥ Three things that help me stay calm

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the Anger Management Workbook

Congratulations on completing this workbook.

Every page you've completed has helped you understand your anger, recognise your triggers and develop healthier ways of responding.

Remember:

♥ Anger is a normal emotion.

♥ You can choose how you respond.

♥ Every calm choice strengthens your relationships.

♥ Progress is more important than perfection.

♥ Small changes create lasting results.

♥ My Commitment

From today I promise to...

Name

Date

Signature (Optional)

♥ Final Reminder

This workbook is designed as a self-help resource to support your mental wellbeing. It is not a substitute for professional medical advice, diagnosis or treatment. If anger is leading to harm, affecting your relationships, or becoming difficult to manage, please speak with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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