



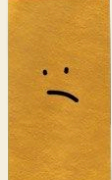


## THE ANGER THERMOMETER

Anger is a natural emotion to feel - it comes when we feel something is unfair, when we are dismissed or when we feel threatened. It can signal hurt, injustice or the need for protection.

We all feel angry in varying degrees - sometimes it is hard to calm ourselves down when the intensity is too high, but it can feel easier to control when it is small and growing.

These feelings can show up in everyday life, including when responding to climate and environment related situations.

The anger thermometer helps us identify which level our anger is at, supporting us to step in at any level to reduce its intensity.

	I might...	I can...
	<p><b>Enraged</b> Explosive Boiling Out of Control</p>	<p>Have 'Melt downs' Yell Cry Throw tantrums Stamp my feet Throw things Breathe faster</p>
	<p><b>Mad</b> Angry</p>	<p>Count to 10/50/100 Take deep breathes Put my face in cold water Hold ice Ground myself Take a nap</p>
	<p><b>Frustrated</b> Irritated</p>	<p>Clench my fists Shout Breathe faster Snap at people</p>
	<p><b>Upset</b> Disappointed Annoyed</p>	<p>Go for a walk Talk to someone Re-focus on hobby</p>
	<p><b>Calm</b> Relaxed Happy</p>	<p>Be myself Stay present</p>

Reflection - when was the last time you felt angry with something that was happening around you and where would you place that anger on this thermometer?

What are some of the ways in which you have coped/reduced your anger?