



How to tackle National Anger Awareness Week

The first week of December is National Anger Awareness Week. We are often hijacked by our emotions, often causing an untold amount of damage to our health and wellbeing both physically and emotionally.

2020 has almost certainly exacerbated this – stress, anxiety, a change in life's routine and uncertainty can lead to pent up emotions and upset to your usual rhythm. Anger isn't necessarily aggression, although this is how we often associate it. Anger can be in the form of negative emotions and thoughts, which can often consume us. This can also have a negative impact on your physical health, with increased risk of heart disease, blood pressure, cholesterol level and some cancers.

A number of our services serve as a perfect solution when it comes to keeping on top of your hidden health statistics such as blood pressure, and cholesterol. But they will also arm you with the knowledge and choices you can make to boost and stabilise your mood.

Just a snippet of our workshops/webinars include:

- Stress and resilience
- Mindful eating
- Afternoon slump
- Improved sleep
- Hypnotherapy to manage stress
- Mindfulness and meditation
- Resilience training
- How to boost energy to maximise performance
- Behaviour change

T: 07778 218009

WWW.THEHEALTHYEMPLOYEE.CO.UK / OFFICE@THEHEALTHYEMPLOYEE.CO.UK