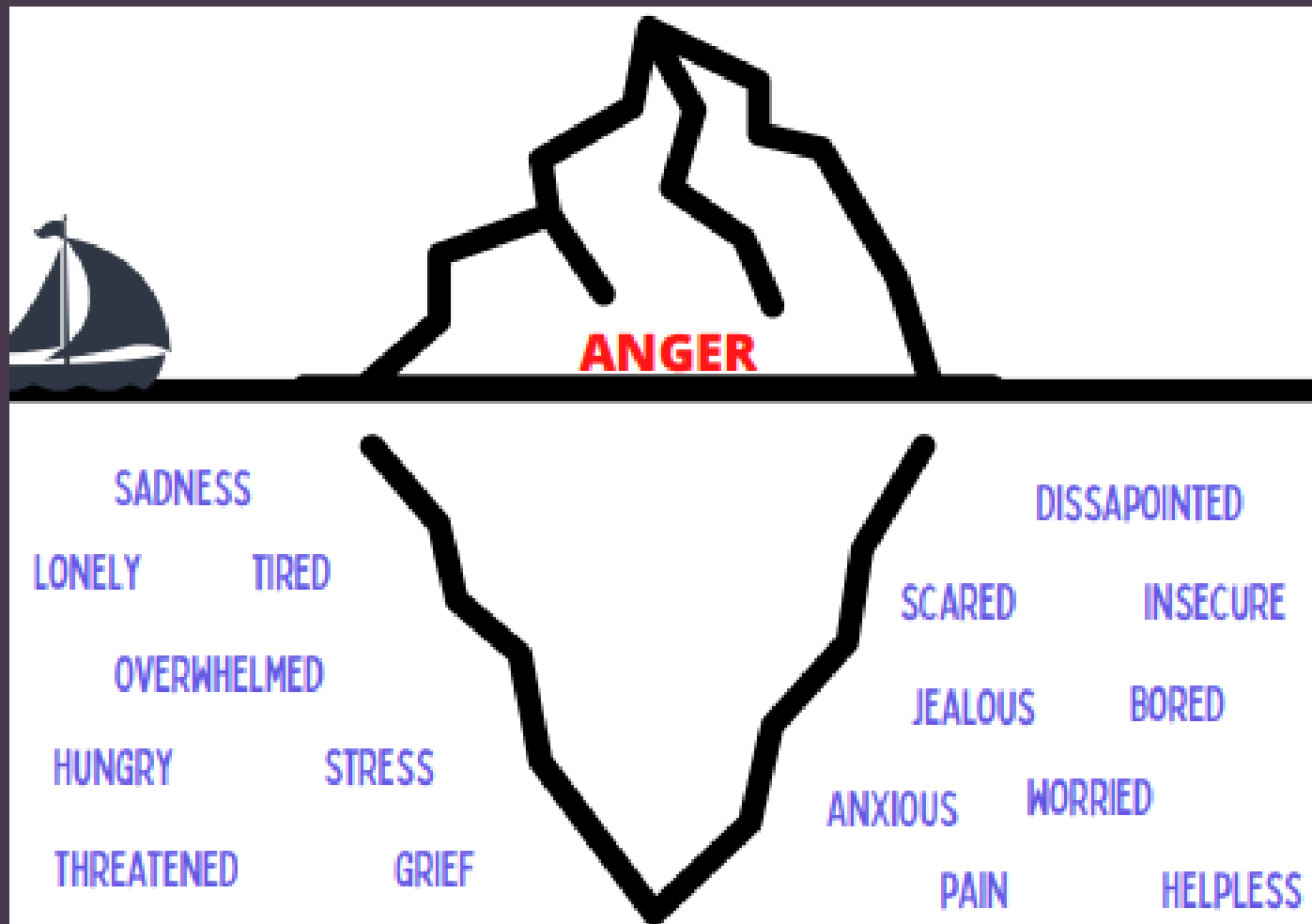


INSIDEOUT

Mental health
support team

Anger Iceberg

Anxiety presents itself in all different ways. One way in which we may present anxiety is through anger. However, a lot of the the time people do not know this is going on and they only see the angry side when really underneath there is a lot going on.



How to contact us...

✉ info@insideoutmhst.co.uk

☎ 01642 505580 (Option 3)



It is called an anger iceberg as all anyone ever sees on top of the surface is the anger. This anger may show in outbursts, crying, breaking things etc. However, underneath the surface there could be a lot going on - like a huge block of ice. This could be loss, loneliness, sadness, stress, tiredness etc.

People will not always know that you have this going on deep down so express yourself and share your feelings so that someone can help you to feel better.


The feeling of anger is normal but being able to understand where this stems from is powerful

A problem shared is a problem halved!

By understanding the deeper issue you will be able to work on coping strategies to defeat this anger.

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