

British Association of Anger Management (BAAM) Reports Upsurge in Interest Therapists Available for Interviews, Quotes, Advice and Features



London, Aug 3, 2020 ([Issuewire.com](https://www.issuewire.com)) - The British Association of Anger Management, the UK's leading anger management organization for three decades, is responding to a significant rise in interest with a new [regular video podcast](#).

This year [BAAM](#) is also running weekly courses throughout August for the first time ever, to cope with increased demand for anger management strategies and techniques.

Anger, stress, and anxiety were on the rise even before the C-19 pandemic. Recent reports from during lockdown claim that as many as one in ten Britons are experiencing suicidal thoughts, while domestic violence incidents reported to police have risen by 20%. The Institute of Fiscal Studies estimate that 500,000 Britons will experience mental health issues due to economic uncertainty. Even with lockdown easing, 49% of us say we are suffering from anxiety.

BAAM founder Mike Fisher says, "People often use work to get away from high conflict situations at home. The pandemic has consolidated how important it is for these people to do their anger management and not find distractions. Anger does not go away, it only gets worse until you actually deal with it."

To make its specialist advice available to a wider audience BAAM has launched 'The Wisdom Podcast'. The 90-minute video and audio show features essential anger and stress management tips from BAAM's top consultants and its wider family of advisors. The Wisdom Podcast is free to watch on YouTube and Facebook, and on podcast services such as [Apple Podcasts](#).

The inaugural episode broadcast July 2020 examining 'The Age of Rage' featured live appearances from Daily Telegraph psychologist Dr. Stephen Blumenthal plus Shereener Browne, a barrister specializing in gang-related crime, and top US therapist Craig 'Snake' Bloomstrand. Episode Two,

'Practical Wisdom' airs live at 4pm on Saturday 15 August 2020.

'The Wisdom Podcast' is hosted by BAAM founder Mike Fisher, a leading global anger management specialist with over 30 years' experience in the field, and journalist Steve Beale, a former editor for Arena, FHM and The Face magazines.

The podcast is streamed live on via the StreamYard platform, where viewer comments, guest information and further resources are displayed across the bottom of the YouTube and Facebook video broadcasts. Recordings are available to watch at any time.

Anger management focuses on issues around communication and self-esteem that prompt irritable behavior. While inappropriately expressed anger is the initial problem, its basis is usually in areas such as anxiety, shame, grief, and post-traumatic stress disorder.

The content will also provide help for anyone suffering from modern malaises such as worry, guilt, feeling overwhelmed control issues, family troubles, codependency, and substance misuse. The philosopher Seneca once said that 'the unexamined life is not worth living'. Join Mike Fisher on The Wisdom Track, take a journey to self-knowledge, and start living life as it's meant to be led. Planning an article or other content about anger and stress management during the pandemic? Get in touch with Steve Beale via steve@langsfordcrimson.com.

YouTube: /beatinganger Facebook: /baamuk Twitter: @beatinganger

FOUR ESSENTIAL TIPS FOR MANAGING ANGER DURING THE PANDEMIC

1 Stop, think, and take a look at the bigger picture. Consider the consequences of any potential outbursts.

2 Try to empathize with others. It's not just about our own anxieties. It's about what others are feeling too. Stress fuels anger. Remind yourself that these are incredibly stressful times when everyone is under a lot of pressure to keep themselves safe.

3 Do your best not to take things personally. When you're anxious, stressed and afraid it can be easy to take everything personally. Even if it is personal, we can still train ourselves not to take it personally.

4 Instead of overthinking and ruminating, a very effective coping strategy is to use an anger management journal. You can do this on audio if you're not comfortable, talking into your phone. Or find an 'anger buddy' to whom you offload on, rather than acting out.

NOTES FOR EDITORS

About BAAM

The British Association of Anger Management was founded in 1999. It is considered the UK's most trusted and successful anger management agency and has won various awards including CV Magazine's Best Mental Health NPO in 2018, 2019 and 2020.

Its courses apply the most relevant aspects of established psychological science to encourage self-examination, self-knowledge, and fundamental positive change.

95% of BAAM's clients have never experienced any form of therapy before. Many are referred via their workplace or family support teams. Patients are taught techniques to control inappropriate temper outbursts. They are also taught to read and communicate their own emotions more effectively, creating

more harmonious relationships with their colleagues, friends and loved ones.

About Mike Fisher

Mike Fisher, the brains behind BAAM, has over 30 years of experience in the field of personal and professional development. He's considered one of the leading experts in the field of anger management globally and makes regular appearances in the UK and international media. Mike's TV credits include C4's Big Brother's Little Brother, BBC1's Violent Fathers, BBC3's Can't Stop losing My Cool, C5's Beat It: Angry with My Father and many more. His book Beating Anger (2005) has sold over 70,000 copies in the UK alone. The sequel, Mindfulness, and the Art of Anger Management (2012), is also published internationally.

About The Wisdom Track

The Wisdom Track is the new digital channel from BAAM launching autumn 2020. Its premium content covers the anger epidemic and other contemporary issues too, including anxiety, stress, grief, dread, issues around communication and control, codependency, and substance misuse.

The Wisdom Track will offer free content as well as premium offerings available via subscription, and top-tier access featuring special rates for treatment via BAAM's group courses and one-on-one therapies.

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Source : The British Association of Anger Management

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