



ANGER MANAGEMENT?

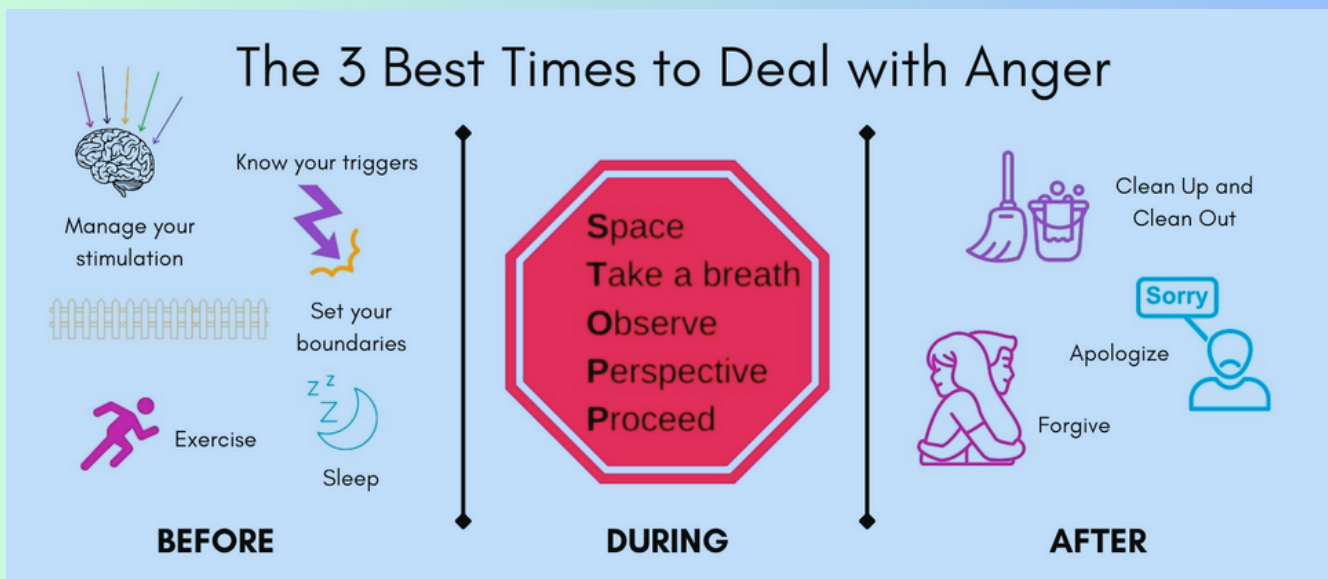
I prefer the term 'controlled chaos'

It takes practice to master the art of anger management, but the more you practice, the easier it will become. And the payoff is enormous. Controlling your anger and expressing it appropriately will help you build better relationships, achieve your goals, and live a healthier, more fulfilling life.



Techniques to Management Anger

- Identify Triggers
- Recognize Your Warning Signs
- Step Away From the Triggering Situation
- Talk Through Your Feelings
- Get in a Quick Workout
- Focus on the Facts
- Distract Yourself With a New Activity
- Breathe and Relax
- Acknowledge Your Underlying Emotion
- Create a "Calm Down" Kit
- Consider Whether Your Anger Is Helpful or Unhelpful
- Use humor to release tension
- Better communication
- Problem solving
- Changing the way you think
- Changing your environment
- Stick with 'I' statements
- Play Music
- Seek Help



Unexplored anger can mute your experience of life.