



ANGER MANAGEMENT TECHNIQUES

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

Discuss what anger is.

- Anger is an emotional reaction and can vary from being upset to becoming enraged.
- Anger can be caused by many factors both internal and external.
- When you become angry you increase your heart rate and blood pressure.

Managing your anger – Take a Timeout.

- Taking a timeout is a good way to internally manage your anger.
- Taking a timeout helps you refocus on the situation before you lose control.

Managing your anger – Exercise.

- Exercise is a good way to release anger appropriately. Exercise can assist you in controlling your temper and also help you achieve good health.

Focus on solutions.

- Focusing on the solution helps you redirect your anger in constructive manner. By doing this you can become a stronger individual or member of a team.

Recognize your triggers.

- Learn how to recognize what makes you angry. If you do this you will be prepared to react to a situation without becoming angry. Make a list of things, people, and places that make you angry. Write down ways to avoid becoming angry for your triggers.