

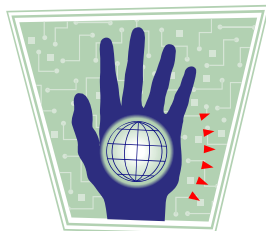


John-Jay-College

Back Panel Heading

This is a good place to briefly describe your products or services. This description should effectively summarize what your organization offers. It typically does not include sales copy.

Anger Management



Caption describing picture or graphic.

Organization

John-Jay-College

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

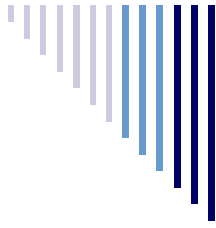
Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com



Tel: 555 555 5555



Anger is a very natural emotion.

It is an indication that something is not right. It is only problematic when it prevents you from making wise decisions.

Here are 5 steps that can assist you converting your anger into a source of power.

1. Be aware that you are angry.
2. Slow down.
3. Try figure it out.
4. Vocalize it.
5. Keep safe.

- 1 -

Be Aware That You Are Angry

If you are angry which will help you to control it.

Be aware of your body. Do you experience headaches, do your teeth grit, or do you experience restlessness such as pacing? Does your voice level elevate? Do you ball up your fists or experience any changes in your breathing?

Be aware of your feelings. Anger is usually is related to something. Reflect back to the time when you felt angry. Is it possible that it was out of jealousy, fear, disappointment, annoyance, sadness, or confusion.

Figure out what emotions trigger feelings of anger. This allows you to take control of the situation faster.

Analyze your anger. The better you understand your anger the more control you will have control over your actions.

- 2 -

Slow Down

It is not easy to think clearly when angry.

Utilize some of these points to slow down.

Remove yourself from the situation. Inform everyone that you will return after you have cooled down.

Exercise it away. Try taking a walk, ride a bike, got to the gym, or swim away the pent up angry energy.

Get it out. Call someone. Cry or write it down and tear it up.

Calm down. Take deep breaths. Take a relaxing bath. Listen to some soothing music or go someplace that you find calming.

KEEP IN MIND– NEVER BE EMOTIONALLY OR PHYSICALLY ABUSIVE. If you think you are having time controlling yourself leave. Don't return until you are calmer.

- 3 -

Try to figure it out.

When you calm down, reflect on what mad you awry. Think about what you could change and what options there are.

John-Jay-College

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com