

WHAT YOU CAN DO ABOUT ANGER

Anger is a strong emotion that we all feel at times, but uncontrolled anger can be dangerous. It is created by different types of feelings, such as, frustration, hurt, annoyance, threats, and disappointment. It is important to take the necessary steps to keep it under control:

1. Recognize your anger
2. Identify the cause
3. Time yourself out
4. Use humor
5. Make a plan to the resolve problem
6. Be assertive not aggressive