

Anger Management

10 Tips for Dealing With Anger

- 1 – Think before you speak
- 2 – Once you're calm, express your concerns
- 3 – Get some exercise
- 4 – Take a timeout
- 5 - Identify possible solutions
- 6 – Stick with “I” statements
- 7 – Don't hold a grudge
- 8 – Use humour to release tension
- 9 – Practice relaxation skills
- 10 – Know when to seek help