

ANGER MANAGEMENT



Anger management is all about learning how to handle situations that make us angry. It's also a form of cognitive behavioral therapy (sometimes, called talk therapy) that can take place in one-on-one or group counseling. You might even take an anger management class. In anger management therapy, you'll work with a mental healthcare provider to recognize when you're angry and develop coping skills and strategies so you can deal with these feelings in a way that's healthy and sustainable for you.

You'll learn about:

- What causes anger and how people express it
- Problem-solving and communication skills
- Relaxation techniques



You may be experiencing problems with anger management if you:

- Are hurting others either verbally or physically
- Always find yourself feeling angry
- Feel that your anger is out of control
- Frequently regret something you've said or done when angry.
- Notice that small or petty things make you angry



ANGER...Management!



WARNING

I can't focus on anything	My body feels hot.	I cross my arms.
I clench my fists.	I speak fast.	I call people names.
My heart beats fast.	My face turns red.	I run away from the situation.
I refuse to follow directions.		

Anger Ahead!