

Three steps to Managing Anger

First step: To manage anger you must recognize the thoughts that fuel the anger.
Think of a time when you were angry this week.....

Second step: To manage anger you must evaluate your thoughts and attempt to see an event from a different angle.
How could you look at the situation different from how you did?

Third step: You must change your thoughts: by developing more helpful or adaptive thoughts that promote coping rather than anger.
What are two alternative ways you could have dealt with your anger emotion, healthfully?

Mindfulness Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally. --Jon Kabat-Zinn

Pause to take in 5 slow, deep breaths, with your eyes closed
What do you feel in your body after taking 5 deep breaths?
How are your thoughts impacted by 5 deep breaths?