

Speaker Notes

Title of Presentation: Anger Management

Page 1 – none.

Page 2 – none.

Page 3 – Anger is a feeling not a behavior. How you respond and react to your anger is important. Feelings of anger produce physical changes in the body such as increased heart rate, increase in blood pressure and adrenaline.

Page 4 – Think about which of these ways you manage your anger. We'll look at each one of these closer in just a minute.

Page 5 – Locking up anger only will increase the buildup of stress in your body. You need to learn how to effectively deal with your emotions. Typically people who lock up their feelings of anger will have the anger come out in other ways. Some time people who lock up their feelings will lash out at others, become irritable, or have physical responses such as increased blood pressure and heart rate.

Page 6 – Becoming more aggressive can create further conflict. Reacting assertively rather than aggressively usually produces better results.

Page 7 – An appropriate way to manage anger is to remain calm and take responsibility for your actions. Using "I" statements takes ownership of how you react. Learn to stop for a minute and think of appropriate ways to react.

Page 8 – none.

Page 9 – none.

Page 10 – This is an exercise- have everyone in the group write down an example of something that triggered them to get angry, their response, something that went well and something they would have done better.

Get a couple of volunteers to share their examples.

Page 11 – none.

Page 12 – none.

Page 13 – none.

Page 14 – Trainer: First ask group for their own techniques and methods, then summarize by showing the overhead.

Hear their point of view and watch them closely

Some vent and calm down others vent and stir themselves up.

Focus on "Remain calm yourself".

That means paying attention to your own reactions. This is when you check-in if a hot button has been pushed.

Slow down, count to 10 or whatever technique works to refocus your energy toward creativity.

Remember response-ability and what *you* want as an outcome.

Page 15 – none.

Page 16 – none.

Page 17 – none.