

# ANGER & STRESS MANAGEMENT

WE UNDERSTAND THAT LIFE CAN PUSH US TO REACT IN DIFFERENT WAYS, BUT WHAT IF YOU EXPRESS EXTREME ANGER FOR THE SMALLEST THINGS? WRITE DOWN HOW TO CALMLY REACT TO THE BELOW EXAMPLE AND REFLECT AFTERWARDS. TAKING YOUR ANGER ON OTHERS IS HARMFUL, SO REMEMBER TO BE HONEST.

YOU WAKE UP TO A BAD START, AND YOUR CHILD IS THROWING A TANTRUM ABOUT EATING ICE CREAM FOR BREAKFAST. YOU ALREADY HAD A ROUGH START TODAY, AND YOU WANT TO SCREAM AT YOUR CHILD. WRITE DOWN A HEALTHY WAY TO RESPOND TO YOUR CHILD.

INSTEAD OF **YELLING**, I COULD...