

What did you learn about "Dealing with Anger?"



Two conclusions;

1. Anger is an emotion
2. Anger causes many health problems



Please evaluate your "Anger Management" workshop

Awesome. Always take something back to my classroom to use with my students.

Great information.

Learning more about how the brain works benefits my teaching and myself.

Thank you for your attendance and all your participations

Remember "Anger can be managed before it becomes out control"

What did you learn about "Dealing with Anger?"



Two conclusions;

1. learn to recognize your triggers
how to calm yourself down
strategies to prevent.
2. Practice strategies to reduce anger
soothe yourself
relaxation
Breathing Techniques



Please evaluate your "Anger Management" workshop

Another awesome workshop!

Thank you for such an interactive,
enlightening day.

Thoroughly enjoy your classes/workshops

Thank you for your attendance and all your participations

Remember "Anger can be managed before it becomes out control"