



## Controlling Anger Before It Controls You: A One Day Primer

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Everyone gets angry; it's a completely natural response. But do you know how to manage that anger constructively? By the end of this one-day course, you will!

This course will help you to explore the causes of anger, the different ways that anger presents itself, and coping tools that you can use. The information here can help you to manage your own anger effectively; to recognize when anger is the behavior that you are faced with even if it is masked as something else; and to recognize and respond to or diffuse anger in your work, family, and social lives. We will consider ways to change negative thinking, and ways to help develop healthier behaviors and a more fulfilling life.

- Anger is a basic emotional response; just as fear, sadness, happiness, or disgust are also basic emotional responses.
- Anger is a part of the more primitive fight or flight response that members of the animal kingdom – like you and I – can call upon when we feel threatened.
- Anger is not the same as aggression. Anger is an emotion, and we can choose to react to it with aggression or we can put a constructive plan into action instead.
- Your body physically recognizes anger. An increased heart rate, increased blood pressure, flushed face, and tense muscles are all results of anger. In addition, when we are angry, we may lean toward whomever/whatever we are angry with. Once we are in the anger mode, we may also decide to stand and fight (physically or verbally) or to leave the immediate area.