

ANGER MANAGEMENT.

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ANGER- DEFINATION

“ **Anger**” is a basic human emotion. It is experienced as an unpleasant feeling when we think as mistreated, things go wrong and many more.



DANGER! DANGER ! DANGER!

FAILING TO OVERCOME ANGER WILL LEAD TO-

- Health problems.
- Mental health problems.
- Poor well-being.
- Tension.
- Accidents.
- Interpersonal problems.
- Risky behaviours.
- Academics.
- Relationships.



ANGER MANAGEMENT-

- Communicate your feelings to someone.
- Ask for help from parents, teachers, caregivers or counsellors to solve problems.
- Positive thinking.
- Acceptance of mistakes.
- Exercise and Meditation.
- Calm breathing.
- Intake of plenty water.
- Attempt to see things from other's view.
- Learn to identify the anger levels.
- Self- control.



THANK YOU



COUNSELLING SERVICES

Child | Adult
Parental | Marital
Family | Career

TESTING SERVICES

IQ | Aptitude
Interest | Personality

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