

WHAT ARE EFFECTIVE ANGER MANAGEMENT STRATEGIES?



OLYMPIC
BEHAVIORAL
HEALTH

MINDFULNESS & MEDITATION

Improves self-awareness



IMMEDIATE TECHNIQUES

- Deep breathing – Lowers stress levels
- Time-outs – Prevents impulsive reactions
- Grounding exercises – Shifts focus from anger triggers



COGNITIVE BEHAVIORAL THERAPY

Identifies negative thought patterns



HEALTHY COMMUNICATION

Using "I" statements to express emotions



Effective Anger Management

JA Banks



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