

10 anger management



Techniques for the workplace

1. Understanding it's okay to get angry
2. Think before you speak
3. Walk away from the situation
4. Exercise or take a walk
5. Don't ignore your anger
6. Anticipate triggers
7. Focus on problem-solving
8. Practice visualization
9. Vent, but don't gossip
10. Reflect on your responses

Managing Anger At Work

SJ Ball



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