

“Be Assertive”

☞ Don't ignore anger. Express it in a healthy way

- Share your angry feelings with a person you trust and feel safe with, such as a friend, partner, teacher, etc.

- Get the anger “off your chest.” Do this calmly and without being cruel. Tell persons you feel angry with how they have upset you.

You will likely start to feel better.



- If you can't express your anger out loud, write it down

Be TUNED IN to know more.....

For more guidance & tips email to - manageanger@wellnessway4u.com