

# “Be Assertive”

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

- Express your wants, needs and feelings in ways that do not offend others

- Say “I get angry when I feel put down by your comments in front of our friends.” Don't say, “You make me angry when you put me down in front of our friends.”



- Channel the energy from anger into something positive or creative.

Clean out drawers. Take a short walk or do other exercises. Paint, write poems, etc.

**Be TUNED IN to know more.....**

For more guidance & tips email to - [manageanger@wellnessway4u.com](mailto:manageanger@wellnessway4u.com)