

# "Self-Help is a Best Help"

☞ If anger is building up, deal with it

- Don't let it simmer away, until you have a violent outburst
- Take yourself away from the situation and think about it
- When you do so you will feel relaxed and will be able to analyse the

situation in a better way



Be TUNED IN to know more.....

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