

# SMASH RX, LLC



## Anger Management

Learn:

- Effect of Anger
- Be aware of your early warning signs
- Adjust your expectations
- To cool down quickly
- Stay calm by taking care of yourself
- Respond instead of react
- Breathing techniques/Relaxations strategies

## Beating Anger for Good WORKSHOP 5 WEEK SERIES

**GROUP DESCRIPTION:** Anger is a normal, healthy emotion, neither good nor bad. Like any emotion, it conveys a message, telling you that a situation is upsetting, unjust, or threatening. If your kneejerk reaction to anger is to explode, however, that message never has a chance to be conveyed. So, while it's perfectly normal to feel angry when you've been mistreated or wronged, anger becomes a problem when you express it in a way that harms yourself or others.

**ANGER** You might think that venting your anger is healthy, that the people around you are too sensitive, that your anger is justified, or that you need to show your fury to get respect. But the truth is that anger is much more likely to have a negative impact on the way people see you, impair your judgment, and get in the way of success.

The group will include a combination of therapist -facilitated activities and peer and therapeutic support. This group is offered at a rate of \$60 per 90 minute session.