

Anger/Stress Management

Acknowledgement and understanding

- Effects of anger
- difficult to manage anger
- Anger Signs
- honesty and agree to control
- Acknowledge the problem.
- Plan to deal with it.

Module 2 Causes of short temper

- Hostility Log
- ADHD
- obsessive-compulsive disorder
- Tourette's syndrome.

Interrupt the Anger Cycle

- workplace relationships
- Remove negativity
- focus - positive outcomes
- Cognitive Behavior Therapy techniques

Medicine

Management of Stress.

- Action-oriented skills:

Module 6 Work life Balance

Module 7 Improve Decision making