



## RELATIONAL LEADERSHIP: human relations

# ANGER AND STRESS MANAGEMENT

With the pace of life so fast, it seems as if anger and stress can control our lives. It has been estimated that more than half of all doctor visits are due to anger or stress-related illnesses. When we do not have a healthy mechanism to deal with the frustrations in our lives, it can lead to serious health problems. If we take the time for purposeful and constructive action, the path that we take to deal with our anger and stress can actually be a positive one. Anger and Stress Management helps participants communicate anger in healthy ways and implement effective stress management techniques.

### Objectives:

By the end of this workshop, participants will be able to:

- Define anger and apply skills for successfully dealing with anger
- Explore and understand the different causes of anger
- Apply good communication skills to dealing with stress and anger
- Recognize the risks of prolonged stress and implement effective stress management skills

