



IF YOU WOULD LIKE HELP MANAGING YOUR TEMPER



help managing your TEMPER

- **KNOW YOURSELF!** Be aware of the situations in which you become angry, this will help you to respond in a better way.
- **TAKE TIME OUT.** If you are finding yourself becoming angry, take yourself out of the situation. Go for a walk or do something you enjoy to calm down and relax.
- **LEARN TO BE ASSERTIVE.** Speaking aggressively can get people's backs up, so be clear, calm and to the point. Treat people with the same courtesy and respect you want from them.
- **LISTEN TO OTHERS.** Try to understand the other person's point of view.
- **KEEP BODY LANGUAGE ASSERTIVE.** Stay alert and relaxed, whilst keeping direct eye contact.
- **KEEP BREATHING!** Slowing down your breathing will help you to stay calm and relaxed.