



# Alternatives to Anger

Series

**Date: Wednesday**

July 19, 26, Aug. 2 and 9, 2017

**Time:** 6:30 to 8:00 pm

**Cost:** \$20.00 per person  
or couple

**Pre-registration**

**Required by July 17,  
2017.**

**Location:**

Washtenaw County Learning Resource  
Center

4135 Washtenaw Ave. Ann Arbor, MI  
48108

**Facilitated by MSUE Extension Educator:**

Terry Clark Jones

**Call 734-222-3943**

**If participants attend all four classes, they will receive a certificate of completion.**

The **Michigan State University Extension's** anger management training program **RELAX: Alternatives to Anger** is designed to actively engage participants in a group setting to increase knowledge and skills around anger management and to learn constructive ways to deal with anger. Aspects of promoting social emotional health are woven throughout the training and includes expressing emotions, navigating stress, resolving interpersonal conflict, taking another's perspective, feeling capable and whole and building skills for forming and maintaining satisfying, healthy and supportive relationships.

**Four Lessons:**

1. **What is anger?** Defining anger and recognizing your anger signals.
2. **Calming down and de-stressing.** Learning how to RELAX when you are angry or stressed.
3. **Four principles of problem solving.** Learning to empathize with and Listen to others, and Accepting that their anger is not about you.
4. **Forgiving and letting go of the past.** "X-ing" out the past. Staying in the present, and putting the concepts of R.E.L.A.X. into practice.

**The concepts of RELAX: Alternatives to Anger are:**

**R** = Recognize your anger signals.

**E** = Empathize by seeing the other person's point of view.

**L** = Listen and really hear what they are saying.

**A** = Accept that their anger is not about you.

**X** = X out the past and keep it in the present.

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