

# Anger Management

*Spring 2022 Workshop for Students*

We all get angry sometimes, whether it's over something trivial or something important. But if you find yourself losing your temper often, you may need to take steps to control your anger. Learn how to recognize your triggers, detach yourself from your anger, and practice being patient. Each student receives a certificate of attendance at the end of the workshop.

## **When & Where**

Wednesday, May 4

3:00-4:30 PM

Via Zoom

## **What You'll Learn:**

- Connect with your emotions to understand your anger
- Identify situations that trigger an angry response
- Analyze a situation so you know when to let it go
- Coping techniques and problem-solving strategies

**NO CHARGE!**

**RSVP:** [studentcounseling@unm.edu](mailto:studentcounseling@unm.edu)

Deadline to Register: 1 Business Day Before Workshop