

Tip for Self-Control: 6 Steps for Controlling Anger & Stress



Stop & Think | Accept | Relax | Reframe | Solve



Stop
&
Think



Strong negative feelings and thoughts can cause you to do something that you may regret later. So when you feel this way, it is important to stop what you're doing and ask yourself: "Why am I feeling or thinking this way? Is it working for me? Is it accurate?" Think clearly about the reason(s).

Accept

Try to accept what you can and cannot control. Remember that you can choose and control how you respond to your feelings.

Relax

Use strategies that help you calm your body and have more positive thoughts such as:

- Take slow deep breaths. As you breathe out think of the word "relax." Repeat several times.
- Do something active: go for a walk or talk to a friend or another supportive person.
- Think positive thoughts, such as "I can calm down and think of a solution."
- Listen to a song or think of something that makes you happy.

Reframe

Try to see the situation in a different or more positive way (positive thinking). Change negative and extreme thoughts to positive and reasonable thoughts. Think of your next steps and strategies.

Solve

Find solutions and use strategies and tips to solve your problem with a calm attitude! Your goal is to control or reduce your anger and stress so use the goal setting and planning tip and topic to help you: Goal → Plan → Do → Review.