



USE SELF ~ DIALOGUE

Self dialogue can help you calm down!

- Someday we will laugh about this
 - It is a learning experience
 - Things could be worse
 - I will get over it
 - Calm down
 - Every cloud has a silver lining
 - Take things day by day
 - This does not mean it's the end of the world
 - I have handled more serious situations in the past
 - I can make a plan to handle this
 - What is it I have to do
 - it will be over shortly
 - It is natural for my fear to rise
- Thank

Repeat the following to yourself:

I am relaxed and calm

My hands are heavy and warm

My heartbeat is slow and regular

I feel peaceful and still

1. What stress management techniques do you see yourself using?

2. What is the most valuable lesson you have learned so far?

3. How do you manage your stress? Have you seen any changes in yourself?

4. Which is the most helpful stress management technique for you?

Why do you think it work?



ACCC

AARON COMMUNITY CULTURAL CENTER



"WE CAN;; WE WILL" "READY FORWARD"

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Anger Levels

1 2 3 4 5 6 7 8 9 10
Bugged Bothered Annoyed Irritated Agitated Mad Pissed-Off Furious Enraged Exploding

1 2 3 4 5 6 7 8 9 10
Not So angry 😏 Very Angry 😡

Comments:

Behavior Signs:

Situation:

Self-Talk:

Did you take a time-out ? Yes No

Comments:

Did you avoid the situation and keep all of your anger inside ? Yes No

Comments:

Did you focus your anger on someone or something? Yes No

How did you handle the situation?

1 2 3 4 5 6 7 8 9 10 11 12
Good Control No Control



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Recognizing your stress symptoms: What is your body trying to tell you

PHYSICAL

Tight Muscles
Pounding Heart
Chest Pains
Headaches
High Blood Pressure
Upset Stomach
Fatigue

EMOTIONAL

Depression
Anger
Irritability
Low Self Esteem
Apathy
Negative
Impatience

BEHAVIORAL

Overeating
More Drinking
Road Rage
Inattention
Forgetfulness
Smoking
Less Sex

OTHERS: