

## Discover strategies to help you deal with stress and anger at home and at work.

Conflict can and does occur at personal, interpersonal, institutional, and cultural levels. RELAX: Alternatives to Anger provides people with information and skills to handle everyday conflict in ways that lead to better health and healthier relationships. This class can be a resource for some to begin working on healing.

RELAX: Alternatives to Anger has four sessions which include topics on defining anger and discovering your own anger cues, learning to calm down, exploring ways to effectively solve problems during conflict and learning the concepts of forgiveness.

The concepts of **RELAX** include:

- Recognize your anger signals.
- Empathize by seeing the other person's point of view.
- Listen and really hear what the other person is saying.
- Accept that the other person's anger is not about you.
- "X" - out the past and keep it in the present.

**When:** Jan. 7, 9, 14, and 16, 2025

**Time:** 11:30 a.m.- 12:30 p.m. ET

**Online via Zoom:** Scan the code or use the link to sign up



<https://www.canr.msu.edu/events/online-relax-alternatives-to-anger-fast-track-jan-2026>

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