MAINTAINING YOUR PROFESSIONALISM

1. Remember to separate the emotion of anger from the behavior that is often displayed by angry people.

2. When you express your anger in a healthy way, you can serve as a positive role model for your students, demonstrating that it is possible to be angry without being aggressive.

3. Tips for managing your anger:
   a. Be aware of your body’s response to anger.
   b. Breathe deeply.
   c. Ask yourself, “Why am I angry?”
   d. Decide if you want to speak up.

4. Expressing your anger:
   a. Be direct, specific and brief.
   b. Focus on your feelings, not blame.
   c. Listen to the person’s response.
   d. Be realistic about your expectations.

And always remember....
DON’T THROW YOUR CHICKEN!