

## **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!**

