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SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3>Anger Management</h3> <ul style="list-style-type: none"> • Anger is a completely normal, usually healthy, human emotion. Everyone gets angry at one time or another. But when anger gets out of control and turns destructive, it can lead to problems at work, in your relationships, and can affect the overall quality of your life. • Anger can be caused by both external and internal events. For example, you can be angry with a specific person, such as a coworker. You can be angry at an event, like a traffic jam. You can also be angry because of worrying about personal problems. • Unlike other emotions, anger is accompanied by physiological and biological changes. There is an increase in blood pressure and heart rate, as well as an increase in energy hormones such as adrenaline and noradrenaline. • There are several techniques to controlling and reducing anger: <ul style="list-style-type: none"> ○ Relaxation techniques can help to control anger. Breathe deeply, from your gut. Breathing from your chest won't relax you. Visualize a relaxing experience, such as lying on a beach. ○ Try replacing angry, over-exaggerated thoughts into more rational ones. For example, instead of saying, "It's awful, it's terrible, everything is ruined," try saying "It's frustrating and it's understandable that I'm upset, but it's not the end of the world and getting angry is not going to make things any better." ○ Anger, even when justified, can quickly become irrational. Stop and think about how your actions may negatively affect or worsen the situation. Step back and think rationally for a few minutes before reacting to anger. ○ If you feel that you are getting irritated or angry, simply walk away from the situation, even if only for a few minutes. • If you feel that your anger is really out of control and it is having an impact on your relationships and other important parts of your life, consider counseling on how to handle it better. 		<h3>Instructor Tips</h3> <ul style="list-style-type: none"> • Ask workers to name events and situations that trigger angry feelings. • Ask workers to describe what they do to control or reduce anger. 	
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Reference: American Psychological Association