

AOP Assignment 2 – Managing Stress & Anger

Instructions:

- Consider how you manage and control your stress and anger.
- Outline talking points on these topics in a word document. You will be presenting these in class. (2-4 minutes)
- Address the following issues:
 - Identify the stressors you have in your life at the present time. These stressors may be at home, at school, or at the office.
 - Identify ways you can relieve these stressors.
 - Identify situations that make you angry at the present time.
 - Identify ways you can manage that anger.
 - Identify ways you will seek to control stress and manage anger in the future.
- Save as “Student Name – Managing Stress” and email to your instructor.