

Resolving your problem

Occasionally, letting it go isn't an option. Sometimes you need to be able to talk through a problem and come up with a solution.



When you need to resolve a problem:

- Wait! If you're upset you will have a much harder time getting your point across. Wait until you can calm yourself down. People tend to say things they don't mean when they're angry.
- If you're in the heat of the moment, try to stay calm and courteous regardless of how you feel.
- Give a little. See if you can resolve your conflict with a solution where everybody wins. That might mean making a compromise.
- Get help resolving your problem. A trusted teacher, RA, or a mutual friend may be able to help.
- Never, never, never resort to physical violence.

“You add suffering to the world just as much when you take offense as when you give offense.”

- Ken Keyes



Source: National Crime Prevention Council
<http://www.ncpc.org>

Take a Deep Breath



How to make yourself feel calm and relaxed when you feel anything but!

Sometimes life gets a little bit frustrating. You may feel like it's too much to handle, but it's not. You have already taken the first step in dealing with your negative emotions—You've picked up this brochure!

We're going to talk about some ways to get yourself under control when you feel angry or upset.



Anger is a natural emotion. Everybody gets angry sometimes. But being angry doesn't feel good. It's up to you to figure out how to control your anger and feel happier!

**You control your thoughts.
Your thoughts don't control you!**

Make a choice

Something has made you mad. You have a couple of choices:

- You can sit around and think about it.
- You can argue with the person who made you mad.
- You can let it go.

This is entirely *your* decision.

Your choice matters

How you handle your anger and how you deal with people who are angry can make the difference between handling a problem effectively and getting involved in an ugly situation.



"For every one minute you are angry, you lose sixty seconds of happiness."

- Author Unknown

Try to let it go

"Resentment is like taking poison and waiting for the other person to die."

-Malachy McCourt

Warning: It's not always easy

No one said it was easy to let go of anger. It is much easier to fight, argue or stress about something than to put it behind you. You have to practice being calm and happy. You may read this brochure and make the decision to let go of your negative feelings, but you will probably slip sometimes and get upset. When that happens, be patient with yourself, and keep trying.

Go do something

- Q. How can I possibly just let it go? I've been disrespected.**
- A. You need to do something else to get your mind off of it.**
- Take a few deep breaths and clear your mind
 - Find something physical that you enjoy doing— walking, jogging, lifting weights, or taking a class in the recreation center
 - Do something creative, whether you like to draw, sing, or write
 - Go talk to a friend. If you need to get your problem off your chest, you can do that, but it might make you feel better to talk about something completely different
 - Write a list of all of the things that make you happy or thankful