



The 3 C's of Anger Management: Cool, Control and Composed

Take a deep breath (and with a few clicks) to become a calmer you...

Getting a handle on your anger before it controls you will not only help you succeed in your personal life, but your professional life as well.

Anger is a strong feeling of antagonism, hostility, or displeasure toward someone or something. It is an accepted behavior that takes on many forms including verbal, physical, and emotional outbursts.

Whenever you start feeling 'hot under the collar', check out our extensive range of online learning assets to help you stay cool, controlled and more composed.



The LOD resources provide an extensive range of learning content including online books, business book summaries, interactive courseware, and other solutions. Learn more about anger management, see the suggested learning assets listed below:

The Essentials for Anger Management	Course	26 Minutes
Do We Have a Failure to Communicate	Course	26 Minutes
When Someone Has a Meltdown	Video	2 Minutes
How to Instantly Calm from Anger	Video	2 Minutes

To get started:

- Go to MyOhio.gov
- Sign on with your OH|ID Workforce User ID and Password
- Click on **My Workspace**, then select **Applications** and click **Learning on Demand**.

Please review and adhere to your agency's training and development policies, procedures and guidelines regarding the use of Learning on Demand resources and tools.

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