



R.E.S.E.T.
READJUST. ENGAGE. SOAR. EVOLVE. TRANSFORM.



WEEK 1: READJUST

**What is anger?
Anger Triggers**

**3 Basic Ways of Dealing with Anger
What is Anger Management**

WEEK 2: ENGAGE

**Anger Awareness
Self-Awareness (Body)**

**Emotional Intelligence
Calming Techniques**

WEEK 3: SOAR

**What is Destructive Thinking
Destructive Thoughts and Restructuring Destructive Thoughts
Healing the Unhealthy Shame- Anger Cycle**

WEEK 4: EVOLVE

**Introduction to Mindfulness and Meditation

Practice**

WEEK 5: TRANSFORM

Practical Solutions



WEEK 1: READJUST AND MEDITATE

**What is Destructive Thinking
Destructive Thoughts**

**Adjusting Destructive Thinking
Restructuring Destructive Thoughts**

WEEK 2: ENGAGE AND MEDITATE

**Recognizing Your Judgmental and Critical Reactions
Stereotyping an Obstacle to Acceptance
What is Stress and Anxiety?**

WEEK 3: SOAR AND MEDITATE

**Three Basic Types of Communication
Assertive Rights
Active Listening**

WEEK 4: EVOLVE AND MEDITATE

**Conflict Resolution
Basic 10 Step Conflict Resolution Method**

WEEK 5: TRANSFORM AND MEDITATE

Practical Solutions



Contact Me

FOR MORE INFORMATION OR TO SCHEDULE A R.E.S.E.T. SERIES CONTACT:

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