

Angry?

MCA
KANSAS CITY

MECHANICAL
CONTRACTORS
ASSOCIATION

Step Away, Not In.

This feeling will

pass. Here's what

to do until it does.

A Micro Moment

Pause. Breathe. Try This.

Cool Down Quick

1. Step Away. Take yourself out of the situation.
2. Breathe. Use a sticker from this kit.
3. Speak Out Loud. “I feel angry.”
4. Think Bigger. No argument’s worth it.

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