

5 STEPS TO BEAT ANGER

Anger can arise suddenly and be challenging to manage. Here are five strategies to use when faced with a potential anger-inducing situation:

Step 1:

Identify Your Triggers:

Recognizing your triggers is key to diffusing anger-provoking situations. By pinpointing what incites your anger—such as specific interactions or circumstances—you gain the ability to proactively avoid or address them. Understanding your triggers is the first step toward mastering your emotional responses.

Step 2

Recognize Your Early Warning Signals:

Successfully managing anger depends on recognizing its early signs. Familiarizing yourself with these cues offers a quick method to assess your emotional state. Tackling anger requires proactive intervention at the onset of agitation rather than waiting until it escalates. Once you've reached a 7 out of 10 on the anger scale, effective intervention becomes much more difficult. Understanding and acknowledging your warning signals helps you employ coping mechanisms early, preventing anger from escalating.

Step 3

Determine Your Anger Level:

Assessing your emotional temperature helps you choose the appropriate coping approach. During intense anger episodes, physical coping techniques like deep breathing or rapid relaxation are crucial. High levels of anger can impair cognitive abilities, limiting rational thought. In contrast, during milder episodes, you can use cognitive strategies such as empathy or evaluating the pros and cons of the situation.

Step 4

Have a Go-To Coping Skill:

Being prepared with coping mechanisms is essential, especially during heightened anger states. While you may have many emotional management techniques in your toolkit, accessing them can be difficult once anger starts to rise. Preparing to use a specific coping strategy enables quick decision-making without needing to deliberate.

Step 5

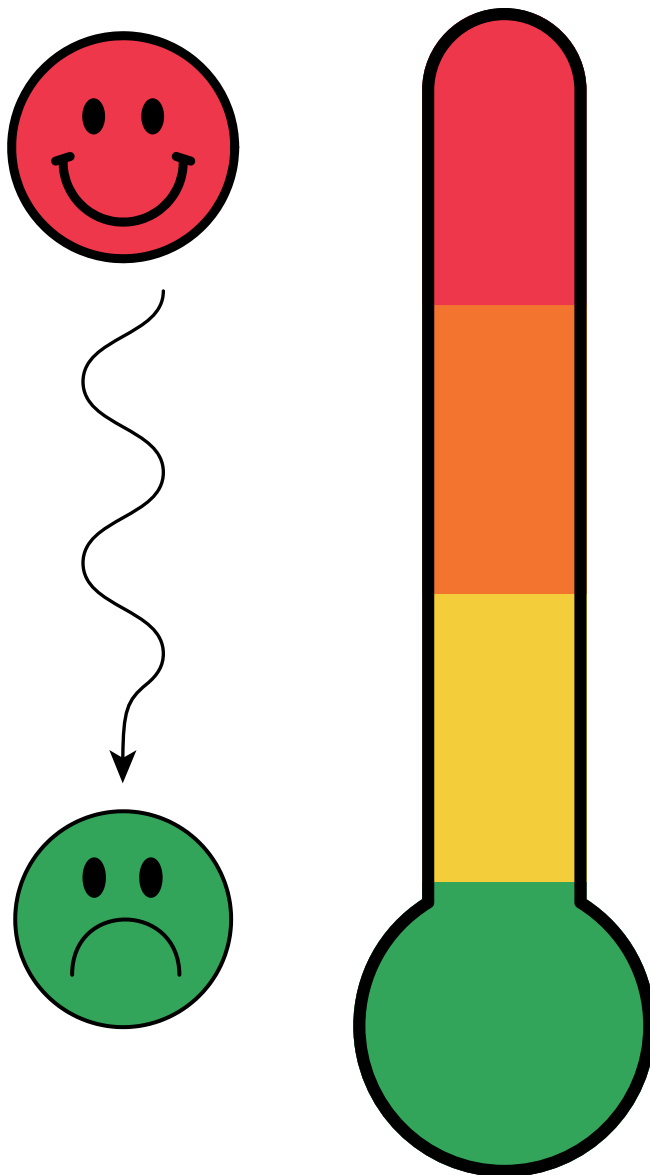
Debrief:

After an anger-inducing situation, take time to assess how effectively you managed your response. It is normal to feel angry, but reacting inappropriately is not acceptable. A thorough evaluation involves reviewing your thoughts, emotions, and the consequences of your actions. Reflecting on what worked and what didn't can help you improve your coping strategies for the future.

HOW ANGRY AM I?

The first step to managing anger is knowing when you feel it. It's important to figure out how strong your anger is for two main reasons:

1. Know When You're Angry: Sometimes, you might not realize you're getting angry until it's too late. Noticing your anger early can help you stay in control.
2. Pick the Right Strategy: How strong your anger feels can help you decide what to do. If you're only a little annoyed, maybe taking a deep breath or counting to ten will help. But if your anger feels really big, it might help to take a break or do something active to calm down.



10. Boiling, Ready To Blow

9. Hostile, Heated

8. Disgusted

7. Upset, Insulted

6. Resentful

5. Provoked

4. Offended, Frustrated

3. Annoyed, Disappointed

2. Troubled, Inpatient

1. Slightly Bothered

0. Calm and Cool

The angrier you are (levels 6-10), the more coping skills should be short-term and physical, such as deep breathing. For lower levels of anger (0-5) you can use more cognitive skills, such as empathy and reframing.



ANGER WARNING SIGNS



Anger can sometimes sneak up on you, making it hard to notice until it feels overwhelming. That's why it's important to learn your anger warning signs—these are clues that let you know when you're starting to get mad.

When you spot a warning sign, it's time to act fast! Pairing it with an anger coping skill can help you stay calm.

☐

Feeling hot

☐

Shaking

☐

Clenching Fists

☐

Want to Yell or Fight

☐

Pacing

☐

Shut Down

☐

Nausea

☐

Sweating

☐

Angry Thoughts

☐

Arguing

☐

Difficulty Breathing

☐

Mind Goes Blank

☐

Red Face

☐

Tight Chest

Include any other warning signs that apply to you but are not listed above.

1.

2.

3.

ANGER TRIGGERS

A key part of managing anger successfully is knowing your triggers. Triggers are the things that make you feel angry. They can be anything—from someone saying something hurtful to a driver cutting you off in traffic. Anger management is all about prevention, and recognizing your triggers is the first step to stopping anger before it begins.

Emotions/Thoughts: (e.g., a bad mood, worrying about your presentation)

People (e.g., that challenging student at school, your impolite friend or family member)

Places/Things (e.g., that restaurant where you broke up with your ex, a hate symbol)

Situations (e.g., receiving criticism at work, witnessing someone being bullied)
Reflect on your top three triggers—the ones that either make you the angriest or happen most frequently. Please list them below.

1.
2.
3.

ANGER MANAGEMENT SKILLS FOR KIDS

Feeling angry is a natural part of being human—everyone experiences it. However, managing your anger effectively is important to avoid negative consequences. Taming anger can be challenging, so having reliable coping strategies is essential. Since not every technique works for everyone, it's important to find what suits you best.

Below are some common anger management skills. Choose at least two short-term and two long-term techniques to try. With practice, these skills will become more effective when you need them the most.

Short - Term (To Use When You Feel Yourself Getting Angry)

The best short-term anger management skills are those that you can use in any situation without anyone else's help.

- **Deep Breathing:** Breathe in slowly through your nose, filling your stomach like a balloon. Hold for three seconds, then exhale through your mouth. Repeat three times.
- **Count Backwards from 20:** Focus on each number as a way to calm your mind.
- **Visualize a Happy Memory or Place:** Picture a moment or location that makes you feel safe and relaxed.
- **Do 15 Jumping Jacks:** Physical activity can help release built-up tension.
- **Step Away from the Situation (If Possible):** Taking a break can prevent your anger from escalating.
- **Think About Your Three Best Qualities:** Remind yourself of your strengths and positive traits.
- **Repeat a Calming Phrase:** Choose a mantra that helps you stay calm, such as "I will remain calm" or "This is not worth it."

Long - Term (To Do Regularly)

- **Talk to a Trusted Adult:** If something is bothering you, sharing your feelings can help.
- **Express Your Anger Through Art:** Draw, paint, or create something to release your emotions.
- **Stay Active:** Exercise by walking, playing a sport, or simply running around to burn off energy.
- **Listen to Your Favorite Music:** Music can be a great way to calm down and shift your mood.
- **Write in a Journal or Diary:** Use writing as a safe space to express your angry feelings.
- **Get Plenty of Sleep:** Aim for 9-11 hours of sleep each night to help manage your emotions better.

ANGER MANAGEMENT SKILLS FOR TEENS

Feeling angry is a normal part of being human—everyone feels anger from time to time. However, it's important to manage your anger effectively to avoid negative consequences. Calming your anger can be difficult, so having reliable coping strategies is essential. Since not every technique works for everyone, it's important to find what works best for you. Below are some common anger management techniques. Choose at least two short-term and two long-term strategies to try out. With practice, these skills will become more effective when you need them the most.

Short - Term (To Use When You Feel Yourself Getting Angry)

- **Take Deep Breaths:** Breathe in slowly through your nose, hold for a few seconds, and exhale through your mouth. Repeat until you feel calmer.
- **Count Backwards from 20:** Focusing on counting can help shift your mind away from anger.
- **Take a Break:** If possible, step away from the situation to cool off.
- **Use a Calming Phrase:** Repeat a mantra like “Stay calm” or “I can handle this.”
- **Squeeze a Stress Ball:** Physical activity can help release built-up tension.
- **Ground Yourself with the 5-4-3-2-1 Technique:** Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste.
- **Listen to Music:** Play a favorite song to distract and soothe your mind.
- **Move Your Body:** Do 10 jumping jacks, go for a quick walk, or stretch to release physical energy.
- **Visualize a Calm Place:** Imagine yourself somewhere peaceful, like a beach or a quiet park.
- **Drink Water or Chew Gum:** These simple actions can help you focus on something other than your anger.

Long - Term (To Do Regularly)

- **Exercise Regularly:** Physical activity like sports, dancing, or even walking can help reduce stress and anger over time.
- **Practice Mindfulness:** Try meditation, yoga, or deep-breathing exercises to stay calm and centered.
- **Keep a Journal:** Write down your thoughts and feelings regularly. This can help you recognize anger triggers and patterns.
- **Develop Healthy Routines:** Consistent sleep, balanced meals, and staying hydrated contribute to better emotional control.
- **Set Personal Goals:** Working towards something positive can reduce feelings of frustration.
- **Engage in Creative Outlets:** Drawing, painting, writing, or playing music can help you express emotions safely.
- **Learn Problem-Solving Skills:** Practice finding solutions to challenges rather than just focusing on the problems.
- **Talk to Someone You Trust:** Regularly discussing your feelings with a friend, family member, or counselor can help keep anger in check.

ANGER DIARY

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