



ANGER MANAGEMENT FOR TEENS

Presented by Military & Family Life Counselors

WHAT WE ARE GOING TO TALK ABOUT

- What is anger
- What is your anger style
- Tools to tame a temper
- Ways to manage your anger
- When to ask for help



WHAT IS ANGER?

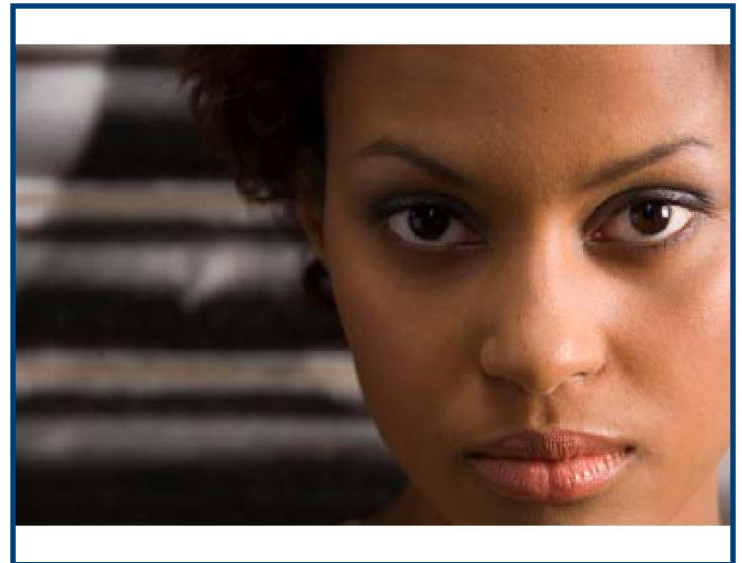
Anger is a feeling NOT a behavior!

Anger is an emotional state that varies in intensity from mild irritation to intense fury and rage.



WHAT'S YOUR ANGER STYLE?

- Lock it up!
- Turn it loose!
- Manage it!



LOCK IT UP!

- Behavior:
 - Withdraw emotionally
 - Become anxious
 - Use the “silent treatment”
- Reasons:
 - Anger is childish
 - I may lose control of my actions
 - People won't like me if I show anger



TURN IT LOOSE!

- Behavior:
 - Blowing up at others
 - Shouting or swearing at others
 - Getting physical with others
 - Throwing things or breaking things
- Reasons:
 - I need to show my power
 - I have to be right
 - I don't know other ways to communicate my anger



MANAGE IT!

- Behavior:
 - Remain calm
 - Focus on the behavior and not the person
 - Use “I” statements
- Reasons:
 - Anger is a normal reaction
 - I like to express my anger appropriately
 - I want to solve the problem that is causing my anger



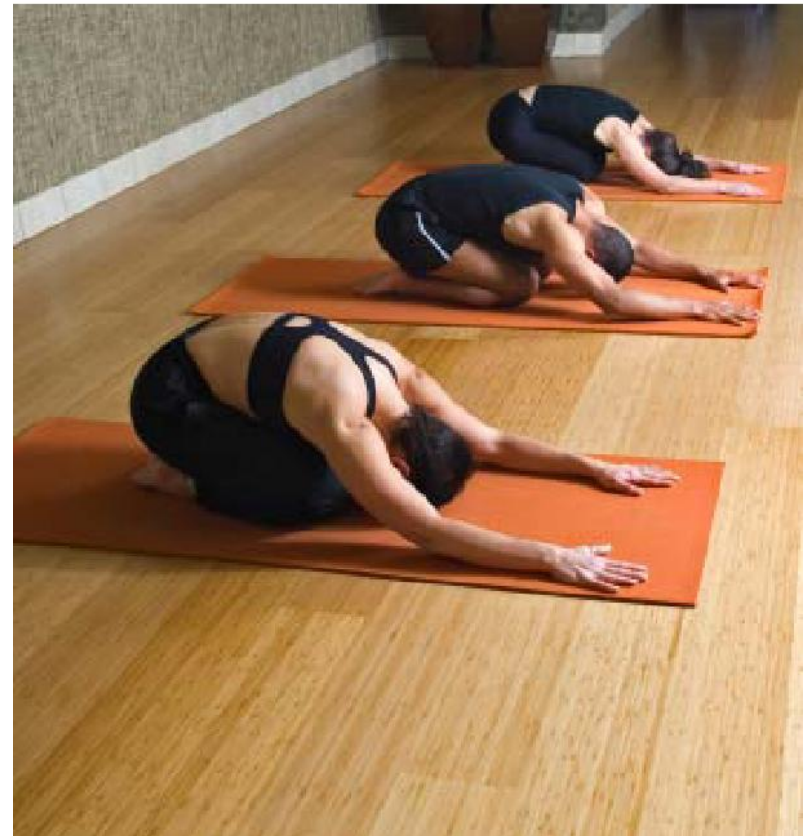
TOOLS TO TAME A TEMPER

- Self- awareness
 - The ability to notice what you're feeling and thinking, and why.
- Self-control
 - Think before you act.
 - Put time between feeling a strong emotion and taking an action.



WAYS TO MANAGE YOUR ANGER

- Relax
 - Breathe deeply
 - Think of a relaxing experience
- Think positively
 - Remind yourself that the world is not out to get you
 - This may just be a “rough spot” of daily life



WAYS TO MANAGE YOUR ANGER

- Problem solve
 - Tune into your feelings
 - Stop and think
 - Consider your options
 - Make a decision
 - Check your progress
- Communicate with others
 - Slow down and think about what you want to say
 - Listen carefully to what the other person is telling you



WAYS TO MANAGE YOUR ANGER

- Set aside personal time daily
 - Listen to music
 - Write in a journal
 - Exercise
 - Meditate
 - Talk about your feelings with someone you trust
- Change the scene
 - Go to a relaxing environment



WAYS TO MANAGE YOUR ANGER

- Try to avoid places or situations where conflicts tend to arise:
 - Crowded hallways
 - Bathrooms
 - Unsupervised places in schools
- Understand that retaliation is not an effective way to respond.



HOW OFTEN ARE YOU ANGRY?

- Everyone gets angry at times. It's a normal response.
- However, if you are angry a significant amount of time, you may be at risk.



WHEN TO ASK FOR HELP

- Tell your parents, a teacher, a counselor , or another adult you trust if any of these things have been happening:
 - Lasting feelings of anger over things that happened to you in the past or present.
 - You feel irritable, grumpy, or in a bad mood more often than not.



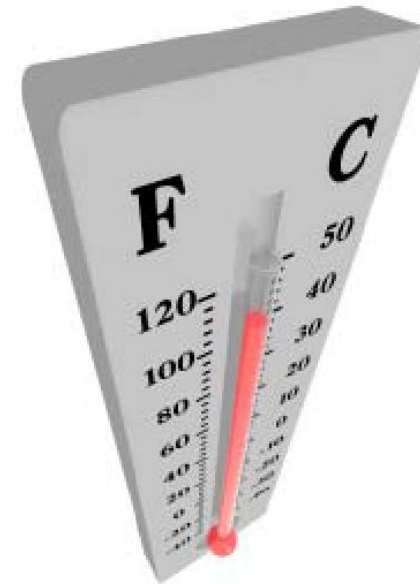
WHEN TO ASK FOR HELP

- You feel consistent anger or rage at yourself.
- You feel anger that makes you want to hurt yourself or someone else.
- You're often getting into fights or arguments.



WHEN YOUR BLOOD'S A BOILIN'

- A – Avoid
- N – Never
- G – Get
- E – Evaluate
- R – Responsibility



SUMMARY

- Anger is a feeling, not a behavior
- Managing anger requires identifying and understanding your anger style
- Self-awareness and self-control can help “tame a temper”
- Managing anger requires utilizing anger management tools such as problem solving and relaxation
- Seeking help is a sign of strength





QUESTIONS?

RESOURCES

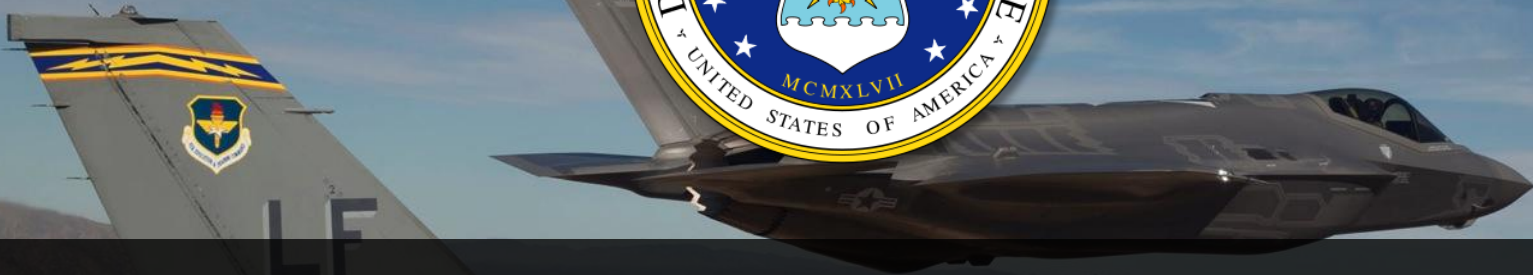
- Military Family Support Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE www.tricare.osd.mil
- Behavioral Health Services



REFERENCES

- www.angermgmt.com
- www.kidshealth.org
- www.safeyouth.org
- www.bam.gov
- Parley International





THANK YOU

