



# 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?

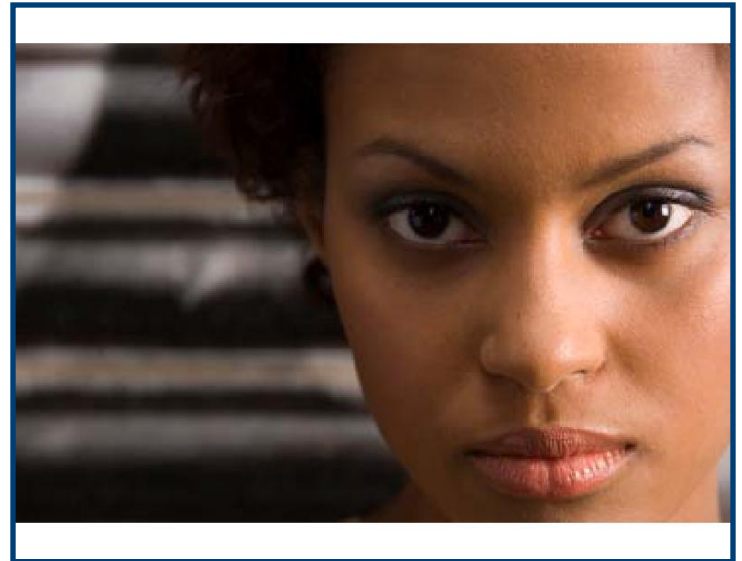
Anger is a feeling NOT a behavior!

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

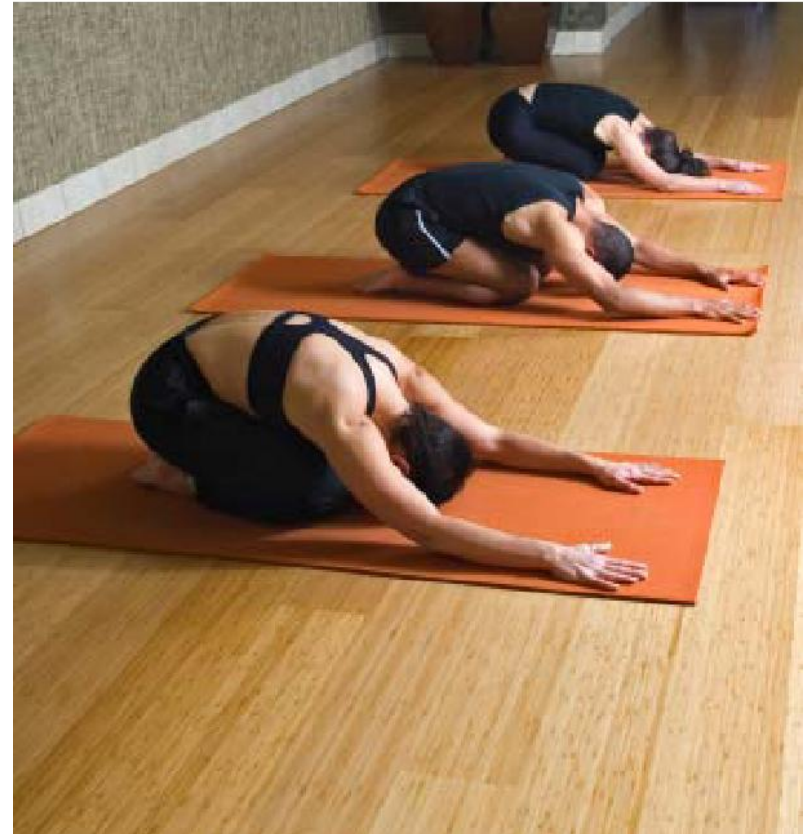
- Self- awareness
  - The ability to notice what you're feeling and thinking, and why.
- Self-control
  - Think before you act.
  - Put time between feeling a strong emotion and taking an action.





# 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

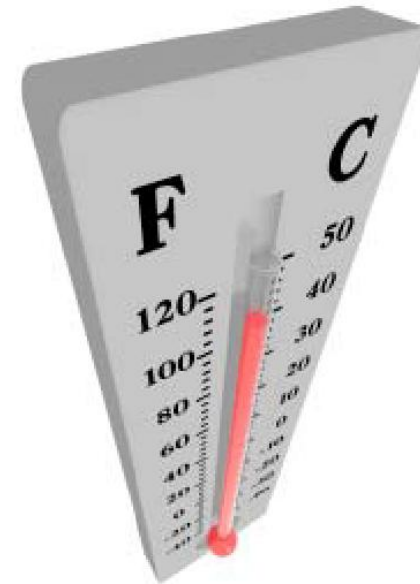
- You feel consistent anger or rage at yourself.
- You feel anger that makes you want to hurt yourself or someone else.
- You're often getting into fights or arguments.





# 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](http://www.tricare.osd.mil)
- Behavioral Health Services



# REFERENCES

- » [www.angermgmt.com](http://www.angermgmt.com)
- » [www.kidshealth.org](http://www.kidshealth.org)
- » [www.safeyouth.org](http://www.safeyouth.org)
- » [www.bam.gov](http://www.bam.gov)
- » Parley International







**THANK YOU**

