

BRIGHT FUTURES  TOOL FOR FAMILIES

How to Handle Anger

Whenever our body signals and behavior let us know we are feeling angry, we need to find a way to be angry without fighting or being mean to other people. What can we do?



When you notice you are getting angry, you might try one of the following:

- Say to yourself,

“I am starting to feel angry and I need to go to a place where I can calm down.”

Tell an adult that you are feeling angry and need a place to calm down. Think of a place ahead of time where you can go if you need to be by yourself. Arrange ahead of time to talk with a trusted friend or adult when you start to feel angry. Stay in this place or with this person until you feel you are in control and calm again.

- Do an activity that helps you relax and that gets the anger out in a safe way, such as throwing a ball or running in the gym. Continue doing this activity until you feel you are in control and calm again.
- Try some of the following actions you can do any time or in any place when you feel angry:
 - Take some deep breaths
 - Count to 10
 - Rub your feet on the floor
 - Think of a “calm” picture

Check in with your parent or another adult when you are feeling less angry, and let them know what it was that made you angry.

Source: Adapted, with permission, from Buchanan B, Yarnevich A. 1994. *What to Do When Kids Say “NO!”* Kansas City, MO: Health Education Consultants. Web site: www.aboutkidsmentalhealth.org.

www.brightfutures.org

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