



Anger Management Skills

Does your child have a short fuse or find himself or herself getting into frequent arguments and fights with others? Anger is a normal, healthy emotion, but when chronic, explosive anger spirals out of control, and may have serious consequences. The emotion anger is not bad. It is normal to experience feelings of anger in certain situations. How your child responds to his/her feelings of anger is what makes the difference.

Oftentimes anger is a cover-up for other feelings. It is used as a response to an underlying issue that is bothering your child(ren). Learning to help your child(ren) is important because:

- **Out-of-control anger hurts your child's physical health.** Anger causes high levels of stress and tension. Constantly operating at high levels of stress is bad for your health. Chronic anger makes your child more vulnerable to heart disease, diabetes, high cholesterol levels, a weakened immune system, insomnia, and high blood pressure.
 - **Out-of-control anger hurts your child's mental health over time.** Chronic anger consumes huge amounts of mental energy and clouds your child's thinking, making it harder to concentrate, see the bigger picture, and enjoy life. It can also lead to stress, depression, and other mental health problems.
 - **Out-of-control anger can hurt your child's academic success.** Lashing out at teachers and classmates only alienates your child and erodes their relationship with others.
 - **Out-of-control anger hurts your child's relationships with others.** It causes lasting scars in the people they love most and gets in the way of their friendships with others. Chronic, intense anger makes it hard for others to trust them, speak honestly, or feel comfortable with them because other people never know what is going to set them off or what you will do.
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Below are some helpful hints to assist parent's in teaching their child(ren) how to better manage their anger issues.

Helpful Tips To Control Anger

1. **Anger is a normal.** Let your child(ren) know that anger is a normal emotion under certain circumstances. Even feelings of revenge can be normal, as long as they are not acted upon. Acting out anger, hurting others, and uncontrolled anger is never okay.
2. **Stop and Breathe.** Teach your child(ren) to stop, take a deep breath, and imagine a restful scene or enjoyable activity for a few minutes as a way to relax.
3. **Limit access to violence.** Monitor your child's access to television and/or video games that are violent. Violent images may increase your child's propensity for violent or angry reactions.
4. **Understand and encourage.** Try to understand and encourage your children to talk about their fears and negative emotions.
5. **Show Concern.** Teach your child(ren) that you are concerned about their feeling and that you care.
6. **Seek Help.** Speak to a mental health professional if these symptoms persist over time.
7. **Stay calm.** Yelling at an angry child reinforces what she's already feeling, which is that she is in danger.
8. **Help your child develop emotional intelligence.** Kids who are comfortable with their feelings manage their anger constructively.

For more information about anger management, and teaching your child to regulate their emotions, please contact your school social worker, counselor or psychologist

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