

KEEPING YOUR COOL

A Guide to Anger Management



We all get angry at one point or another. Maybe your friend lied to you or your kid sister drew all over your homework. Despite what makes you angry, you should know how to deal with your emotions before they control you.

Learning To Deal

- **Admit that you're angry:** Admitting that you're angry helps you better deal with your feelings.
- **Deal with it:** Stop what you're doing, take a deep breath, and count to ten.
- **Don't brush it off:** Getting angry is normal. Ignoring your feelings will only make the problem worse.
- **Identify and understand the cause:** Try to figure out the real reason for your anger. Sometimes we think we are angry about one thing when we are actually mad about something else. Or we think we are mad but we're really hurt.
- **Walk away:** Walking away gives you the power to change the situation.
- **Get a new perspective:** Try putting yourself in someone else's shoes; it may help you understand where they are coming from and could help to resolve the situation.
- **Vent to your friends and family:** Explaining your feelings to people you trust may help you deal with the situation better.
- **Get all the facts:** Don't make assumptions about what the other person means or what you heard through the grapevine. You may be getting upset for no reason.

Redirecting Your Anger

Find a Cause

Find something you feel passionate about and throw yourself into it.

- Volunteer at a local food bank.
- Organize a community clean-up group.
- Visit a senior at an assisted living home.
- Find a local nonprofit organization to help out.

Find a Hobby

Find something that helps you unwind.

- Take up painting or drawing.
- Lose yourself in a great book.
- Watch one of your favorite movies.
- Take up a meditation class.

Exercise

Pour your anger into physical activity!

- Go for a walk or run.
- Find someone to shoot hoops with.
- Join a soccer club or a baseball team.
- Go for a bike ride around the neighborhood.

Manage Your Anger



Help Others With Their Anger

- Encourage your school to start a peer mediation program. These programs help teens to resolve problems peacefully and offer a place where they can let out their anger.
- Find out if your school or community will offer anger management courses so others can learn to control their anger too.

