

7.ICR.1.3 - Illustrate strategies that can be used to manage anger in healthy and non--hurtful way.

What is ANGER?

- Anger is the feeling of being irritated, annoyed and/or furious.
- Anger can vary in intensity from mild irritation to fury or rage.
- A person may feel anger or resentment and it be perfectly understandable to have those feelings.
- Everyone experiences feelings of anger and that it is alright to feel angry.
- However, angry feelings need to be expressed but not in ways that harm self and others.

- How anger is expressed is important to the emotional well-being of the angry person and to the health of the relationships he/she has with others.



- It is acceptable to have strong emotions, but not acceptable to act on those feelings in ways that are unhealthy and hurtful.

- Certainly counting to ten (or a “cooling off” period) is a tried and true strategy for managing anger.



- It gives one the time to consider the possible courses of action and to assess the potential consequences of actions that are unhealthy.
- Considering the effects of one’s actions on others is also recommended.
- Other strategies include talking it out with someone (venting), walking away, using a quieter voice, exercising, punching a pillow, writing down feelings (journaling), and “re-framing” (or thinking about the situation differently).

Anger Management



- Anger Clip

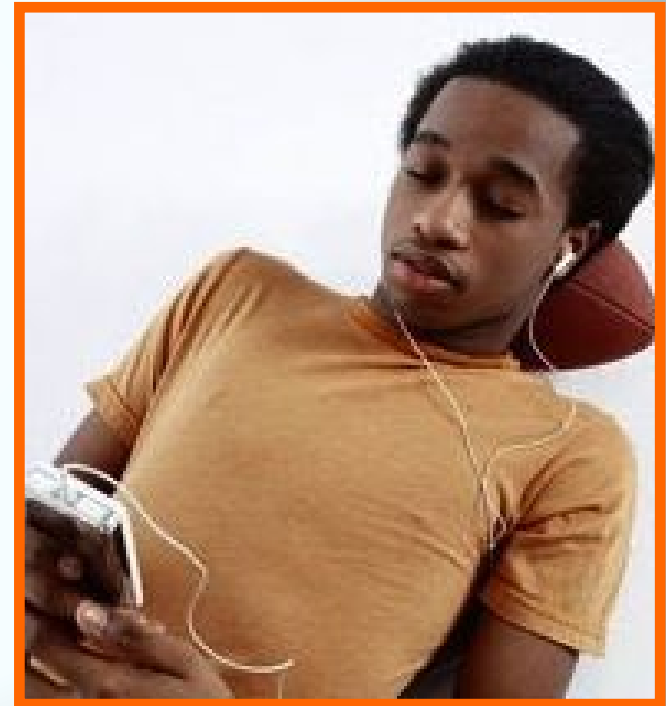
Reducing Our Anger



- Walk away
- Count to ten
- Take deep breaths
- Exercise
- Write in a journal
- Laugh
 - [clip](#)

Reducing Our Anger (continued)

- Talk to someone
- Listen to music
 - or sing
- Write a letter to the person who made you angry and then tear it up



- clip

Ways to Defuse Our Anger



- Suggest that you discuss the situation later when both parties have calmed down
- Admit when you are wrong and apologize
- Listen to the other person's point of view

Ways to Defuse Our Anger (continued)

- Use a calm voice
- Try to agree on a point
- Get advice from an adult



Angry Feelings!

Directions: List below the situations that make you angry. Concentrate on the stressors in your life that frequently make you mad. For each situation, record how you normally react and then think of at least two positive ways to handle your anger the next time the situation happens.

My Stressors	How I usually react	Positive Solutions

Independent Practice:

Handling My Anger

Describe situations or conflicts that make you angry.

Record how you reacted when you got mad and if it was a positive, non - violent response to anger.

Describe a situation that made you angry.	How did you handle your anger?	Was your reaction a non-violent response to anger?

Closure:

You did a good job today identifying peaceful ways to respond when you get angry. You also recognized that an aggressive or violent response in anger situations escalates or makes the conflict worse.