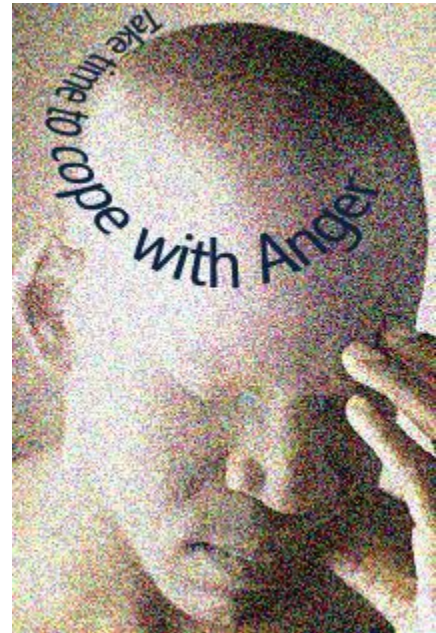


Anger Management

Everyone has points in their life when they just get so angry they feel like they might explode! Your body might tense and your blood pressure might go up. You might yell and scream or want to kick or punch something. Though these are common responses to anger, they don't really help you at all. In fact, some anger responses might make things worse for you! Some common inappropriate responses to anger are:

- Aggression: any response that is abusive in nature and violates the rights of others. This may include subtle things like talking behind each other's backs.
- Being passive: not dealing with what is making us angry. This includes gossiping with friends rather than directly confronting the person or situation that is making you angry. Not dealing with anger leaves us open for health problems and destructive behavior when we bottle things up.
- Displacement: this means taking your anger out on someone or something other than what is making you angry.
- Denial: not admitting things make you angry. This can also lead to health problems and destructive behavior when we bottle things up.



The first thing you must do when dealing with anger is identify what is making you angry. Sometimes you may have an "anger trigger"-something or someone that consistently makes you angry- that you need to identify and determine what changes can be made to prevent anger.

- Think the situation through and identify what is making you angry.
- Determine whether or not the situation is worth getting mad over.
- Let things calm down, then speak to the person who has made you angry in private.
- Express your feelings honestly and respond to criticism calmly.
- Let the other person explain his/her point of view.
- Listen to the other person.
- Work together to fix the situation.

Other times new situations arise that can cause anger, and you must be ready to cope in those situations. Some tips for coping with anger include:

- Go for a walk or exercise.
- Get away from what is making you mad.
- Talk to a trusted friend or adult.
- Scream into a pillow.
- Write a letter to the person you are mad at. You don't have to mail it, but it may help to get your feelings out.
- Listen to music.
- Do something that usually helps you relax.