

Week 7

Managing Parent/Guardian Anger Frustration

*Frustration is a feeling that comes when a person feels blocked from achieving specific goals/activities. Frustration comes from the stress related to that state of being. Left unchecked and it continues frustration can lead to anger

*Anger is a natural emotion that we all feel at one time or another to varying degrees. It is part of the human wiring system and can be essential for survival.

*Anger is a natural response to some type of pain, which is either physical or emotional pain. It comes when people don't feel ok or experience some kind of loss.

* Anger never occurs in isolation it is a social emotion. It has some sort of target; it is directed at something, someone or even oneself.

*Anger is generally a secondary emotion; underlying anger is usually feeling of sadness, fear, anxiety, pain or frustration.

*Anger can be experienced in varied ways and can range from mild irritation to rage/aggression. For example we can express anger by lashing out, becoming manipulative-passive aggressive, punishing or gossiping.

*There can be long-term consequences to uncontrolled anger. Some of the consequences can be physical health such as high blood pressure or increased risk of heart trouble. Some can be social consequences such as disharmony with family, friends, or co-workers.

Psychologists recommend some of the following techniques for managing and working with anger.

1. Try to look for the warning signs that might come before the anger, these may be physical changes such as increased breathing, facial flushing etc.
2. Try to identify the triggers to anger, these may be situations that continue to occur that lead to feeling angry. Try to avoid these problematic situations.
3. Attempt to pause, try to take time between feeling and expressing anger, take a time out. Think before you speak.
4. Work on improving communication skills. Focus on facts rather than exaggerations; try to avoid words like always and never. Pay attention to the things you are telling yourself about the situation.

5. Acknowledge inaccurate or negative thought patterns. Reframe thoughts from “this is the worst to something like this could be worse”.
6. Try to understand the others’ perspective, take the other persons position (see what your children might see).
7. Get some exercise, physical activity can reduce stress.
8. “Change the channel” if something negative happens and you keep going over it, it keeps it fresh and you relive the anger. Shift gears and try to distract yourself with another activity.
9. Create a calm down kit; perhaps things that smell, you can see, touch, something to engage the senses. Can be visual or auditory as well.
10. Reward yourself for handling anger effectively, keep successes in mind and review how you avoided an angry response.