

YOUTH SUCCESS: Anger Vol. 2

Information you need: From the
Prevention Services Department
440-989-4900/www.thelcadaway.org
Ms. Ashley
trumanskvorashley@avoneagles.org



Social distancing to slow the spread of COVID-19 can be especially hard for you. You may be feeling cut off from your friends, while also facing big letdowns as graduations, school dances, sports seasons, and other long-planned events continue to be cancelled or postponed. You may have noticed you are not yourself lately and experiencing more feelings of frustration or anger. Learn how to identify anger and manage your feelings with this volume of "Youth Success."

What is Anger?

Anger is strong feeling of annoyance, displeasure, or hostility towards a person or event.

Anger is a normal emotion, and by itself, it is neither good nor bad. It is a natural reaction when there is conflict in our lives or when we have emotions we cannot express.

The Anger Iceberg

The Anger Iceberg represents the idea that, although anger is displayed outwardly, other emotions may be hidden beneath the surface. These other feelings of sadness, fear, or guilt might cause a person to feel vulnerable.

- **Anger is an emotion that tends to be easy to see. However, anger is often just the tip of the iceberg. Other emotions may be hidden beneath the surface.**
- **In some families, anger is seen as more acceptable than other emotions. A person might express anger in order to mask emotions that cause them to feel vulnerable, such as hurt or shame.**
- **Anger triggers are people, places, situations, and things that set off anger. Your triggers can provide clues about the emotions behind your anger.**
- **Anger may be fueled by different emotions at different times, or by a combination of emotions. Sometimes, however, anger is just anger.**

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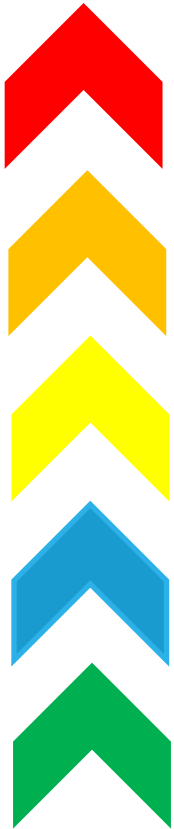
Are you...

- Clenching your jaw?
- Grinding your teeth?
- Experiencing an increased heart rate?
- Feeling hot in neck/face?
- Wanting to run from a situation?
- Lashing out physically or verbally?
- Experiencing emotions of sadness, irritation, or resentment?
- Tense to the point of experiencing neck or back pain, or headaches?

Then you might be feeling angry.



Anger Scale



I am going to explode.

I want to hit someone or throw something.

I am getting angry.

I cannot think clearly and might say or do something I might regret.

I am getting irritated.

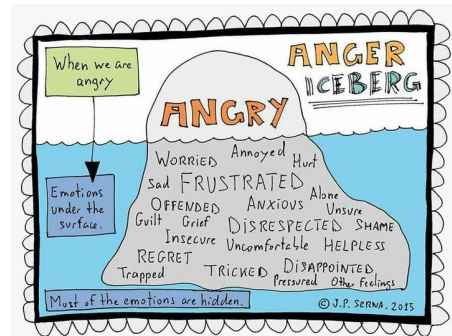
I need to walk away from a situation and will tell someone I need a break.

I am doing OK.

I am not pleased but I am not upset. I can stay where I am and keep working.

I am doing great.

I feel good about myself and what is going on around me.



Additional Information:

Having a Bad Day? -- [Click Here!](#) If we don't learn to manage our emotions now... you might end up like one of these people!

5 Tips to being Assertive! – [Click Here](#) YouTube Video

Learn more about the Anger Iceberg -- [Click Here](#)

Anger Management Activities -- [Click Here](#)

Resources:

Your school counselors are still available to help! Check out your school's website for more information.

Crisis Text Line: Text "4HOPE" to 741741 to text with someone anonymously. [Click here to learn more!](#)

The LCADA Way – Prevention Services Department
440-989-4900

Coping with Anger

1.) **Warning Light Technique**

- Picture a light inside your head. Imagine that it flashes a warning when you need to stop and think before speaking or acting.
- Remember to check your light whenever you are in a situation that is making you angry.

2.) **Count to Ten (or Higher) Technique**

- Take a deep breath and start counting slowing to yourself.
- Keep listening to the other person as you count. Don't provoke him/her by revealing what you are doing.
- Look the other person in the eye.

3.) **Reframe Your Thinking Technique** – Ask yourself these questions:

- Is this worth getting angry about?
Am I sure this person is really out to hurt or insult me?
- Is there another way to get what I want?