

10 Time-Tested Tips to Tame Your Anger

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Have you ever felt really mad when a teacher asks you to do something you don't want to do? Or maybe you get upset when you get a hard assignment? Don't worry, we all feel this way sometimes. Anger and frustration are normal feelings. If we handle them well, they can even be good for us! But if we don't, it can hurt our health, friendships, and how we do in school. Here are 10 tips to help you:



1. **Stop and breathe** - When you're really angry, don't say or do anything right away. Take a break and breathe deeply. Count to ten if it helps. This gives you and others time to calm down.
2. **Talk about your feelings** - After you're calmer, talk to someone about how you feel. Ask for a private chat. Tell them what's bothering you in a calm way. Don't be mean or start a fight.
3. **Get moving** - Sometimes it's hard to calm down. Try some exercise! Go for a walk, do some jumping jacks, or play a sport. Moving your body helps get rid of angry feelings.
4. **Comply first, Negotiate Later** - If someone asks you to do something you don't like, do it first. Then, talk about why you didn't like it later. This can help you get what you want.
5. **Find solutions** - Instead of staying mad, try to fix the problem. Think about what you can do to make things better. This helps you feel less angry.
6. **Use "I" statements** - Don't blame others. Say how you feel using "I". For example, say "I feel upset because I have a lot of homework" instead of "You always give us too much work!"
7. **Let go of anger** - Forgiving others is like magic! Holding onto anger only makes you feel worse. Try to move on and forget about what made you mad.
8. **Use humor or music** - Sometimes, laughing or listening to music can make you feel better. Just be careful with jokes - don't use mean humor that might hurt someone's feelings.
9. **Practice relaxing** - When you feel angry, try to relax. Take deep breaths or imagine a peaceful place. Say calming words to yourself like "I'm okay" or "Stay calm". You can even try some easy yoga poses!
10. **Ask for help** - It's not always easy to control strong feelings. If you're having trouble, ask a teacher, friend, or trusted adult for help.

Remember, everyone feels angry sometimes. It's just as normal as feeling happy. Learning to handle your anger in a good way is really important. It helps you have better friendships, stay healthier, and feel better about yourself. All of these things can help you have a happier life! (463)