

Strategies to Help Families Manage Anger

Anger is a normal emotion that is expressed by all of us. There are many positive and negative aspects of anger. Anger can be a great motivating tool to get control back in a situation and can also motivate the individual to overcome challenging situations. Anger can be negative also. It may lead to a loss of control, entitlement, and conflicts with others. Children may have difficulty expressing how they feel and this may come out as defiance, emotional outbursts, throwing objects around, etc. When the child feels impulsive, anxious, depressed, or struggle with learning disabilities, they may feel that the only way to cope with their feelings is by expressing their anger and frustration. If this seems to be the case for you, there are various strategies that you can use in order to help your child manage their anger.

Step 1: Identify your anger

The first step to managing your anger is to notice the early signs. It's really important to know and say that you're angry, even if it's just to yourself. For example, 'This is making me angry' or 'I can feel myself getting angry here'.

Step 2: Try to calm down

Once you notice the early signs of anger, you can do a few things to start calming down. Here are some ideas:

- Take a big breath and sigh. Try to slow your breathing.
- Do something that soothes you, like listening to some music, flicking through a magazine or just looking out the window.
- Go outside for a run or walk.
- Take a warm shower.
- Go somewhere quiet for a few minutes.

Signs that you're calming down include your heart rate slowing down and your muscles relaxing.

Step 3: Reflect on the situation

If you feel you've calmed down, it might be a good idea to reflect back on the situation, and think about what has just happened. This can help you learn from the experience, and handle similar situations better in the future. Ask yourself:

- 'How important is this? Why was I so upset about it?'
- 'How do I want to sort out this situation?'
- 'Do I need to do something about this, or can I just let it go?'

<https://raisingchildren.net.au/grown-ups/looking-after-yourself/anger-anxiety-stress/anger-management-for-parents#anger-and-parents-what-you-need-to-know-nav-title>

Parents, this message is for you. Do you feel that you struggle with managing your own anger due to the duties of being a wife/husband, employee, friend, and of course mother/father/caretaker? After working a long day and having your child become inconsolable or start throwing things around the room, you may become easily frustrated too. The best thing that you can do is to take a deep breath, reflect on the situation, and calmly express to your children how you are feeling. Normalizing your feelings will help the child not only understand their feelings but allow them to not feel ashamed that they feel the way that they do.

Here are some additional resources on parenting children who struggle with anger management.

<https://www.empoweringparents.com/article/calm-parenting-anger-management-in-children-and-teens/>

<https://www.focusonthefamily.com/parenting/effective-biblical-discipline/when-children-become-angry/anger-busters-for-kids>