

Write down 5 ideas you have that someone might do to calm down and control themselves when they are angry, sad or frustrated:

1.

2.

3.

4.

5.

When we go through the ideas as a group, add in any other good ideas that people may have:

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ANGER and other difficult emotions – how to deal with them



We all get angry, upset and frustrated. It's a normal response to unfair situations, when we feel that we can't easily right a wrong and when something is so troubling we can't let it go. What we do with our emotions though matters – we can use it to hurt ourselves and others, hold grudges – OR, we can deal with it healthily.

How to deal with our emotions in a healthy and strong way:

1. *Calm down, regain your emotional balance:*

- Walk away from the situation/person
- Breathe deeply and slowly
- Exercise and burn off the adrenaline and anger i.e. run, cycle, punch a pillow, build something
- Lie down, listen to calm music
- Talk to someone about it
- Write a letter or log – get the anger out of you and onto paper
- Distract yourself – watch a funny video, do something you enjoy
- Pray to God for strength to deal with anger healthily

2. *Think and reflect on the situation (by thinking, writing or talking to someone about it):*

- Why did you feel so angry about that person/situation?
- Put yourself in the other person's shoes – why do you think they did it?
- What can you healthily do about it?

3. *Do something positive about it:*

- Talk to the person you were angry or upset with. Stay calm, speak kindly
- Do what you can to make the situation better



4. *Forgive:*

- it is the only effective and strong way to totally get rid of your anger