

# Anger Management

Anger is a normal, healthy emotion when you know how to express it appropriately.

Anger management is the process of learning to recognize signs that you're becoming angry and taking action to control your temperament. Controlling your anger includes calming down and dealing with stressful situations in positive ways.

Anger management doesn't mean that you shouldn't feel anger or that you must hold it in. It is learning ways to exhibit proper behavior and/or disagree appropriately without losing control of your emotions.

## Temper in Children

Most parents understand that when a child throws a temper tantrum, he or she is usually sick, tired, hungry, or overstimulated.

In most cases, tantrums are viewed as a normal part of growing up and could be utilized as teaching opportunities.

However, children who have long, frequent, or aggressive temper tantrums may be at risk for depression or disruptive disorders.

Parents are advised to seek help if you are afraid to leave your house in fear that your child will have a tantrum; or if marked by self-injury, violence, or inability to calm without help.

## Behavior Modeling

- Set a good example
- Encourage the safe, open expression of feelings to prevent build-up and explosion of emotions
- Do not reward negative behavior
- Work to modify your children's exposure to media violence
- Teach children to accept themselves and others as having dignity and worth
- Use consistent and fair disciplinary measures

## What causes anger?

- Annoyance
- Disappointment
- Frustration
- Harassment
- Hurt Feelings
- Threats

*Anger is one of the most poorly handled emotions in society today - but it doesn't have to be.*

## How the Body Reacts

When a person gets angry the body shifts into high gear, generating energy needed for action. Adrenaline and other chemicals pour into the bloodstream. Your heart pumps faster and blood pressure rises. Blood flow quickens. Your breathing becomes more rapid, and your muscles tense. This energy can work to your advantage, when positively handled.

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# Uncontrolled Anger

When anger is not managed it can be dangerous. It can lead to crimes including assault, destruction of property, murder, or other criminal acts. It can lead to physical and/ or emotional abuse. Anger commonly causes violent behavior such as trying to control others or physical violence against someone else. Uncontrolled anger is not healthy for anyone in any situation.

*Expressing anger properly can help motivate you to solve problems, overcome obstacles, and achieve goals.*

## Tips to Control Anger

- Talk to a trusted friend
- Count to 100
- Get or give a hug
- Walk or run around the block
- Listen to music or sing
- Write your thoughts on paper
- Draw, doodle, or paint a picture
- Take five deep breaths
- Write a letter to the person you're angry with and then tear it up
- Share your feelings with the people involved after you've calmed down
- Write a story
- Ask for help

## Dont Let Anger Manage You

You may learn anger management skills on your own, from books, or through other resources. For many people, taking an anger management class or seeing a mental health counselor is the most effective approach.

Seek professional help if you find yourself angry for days at a time, are in a bad mood regularly, get into frequent fights or arguments, or want to hurt yourself or others.

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