

Counselling Connection

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COPING WITH FRUSTRATION/ANGER

Living In Close Proximity

One of the advantages during the current pandemic is there is an opportunity for families to spend quality time together. However, living in close quarters as well as adjustments to online learning, might contribute to feelings of frustration. It is important for children and adolescents to be able to name their feelings and know that they can have some control over how they respond. Parents can help children learn how to respond when they notice *their own* bodies escalating into frustration or anger zones. Modeling healthy coping strategies is key!

When parents offer their children empathy and help them to cope with negative feelings like anger, sadness, and fear, parents build bridges of loyalty and affection.

- John Gottman

PsychDaily

When parents feel frustrated, they can model pausing, and taking some deep breaths before choosing how to respond. Click [here](#) for some tips on supporting teens with their emotions.

Speak when you are angry and you will make the best speech you will ever regret.

WWW.HOWESCHOOL.COM

Relating to Anger

Know Triggers: (Identify them, and limit exposure)

Move Away If Possible: (When feeling provoked, move out of the situation)

Filter Anger :(Pause and choose to *not* act impulsively)

Find a Healthy Outlet :(Identify ways that energy can be released: ex: Physical Exercise)

Consider Views of Others: (Identify and consider alternate perspectives and how your reaction will impact)

Work on Communicating: (Be mindful about what you are saying)

Use Humor: (Laughter is a great way to diffuse anger)

Meditate (Meditation encourages observation/acceptance and allows for body regulation)

Understanding What Is Going On

Communication Is Key

The use of visuals, metaphors, and rating scales can help children/teens understand and communicate their experience. The goal is to recognize thoughts, feelings, behaviors, and body sensations that arise when frustration or anger kicks in. This ability (which must be practiced), to mindfully notice will allow children to pause and consider alternatives, rather than acting impulsively. Children can become proactive, rather than reactive in your home. They will feel empowered and in control!

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.

Angry

embarrassed, scared, grief, tricked, overwhelmed, frustrated, depressed, disgusted, distrustful, grumpy, stressed, attacked, rejected, helpless, guilt, trapped, nervous, anxious, trauma, annoyed, exhausted, envious, disrespected, unsure, offended, disappointed, lonely, hurt, uncomfortable, worried, insecure, regret

The Gottman Institute

Anger Volcano

I-Messages:
I feel angry and ___ (what emotions are underneath?)
when ___ (what made you angry?).
Please ___ (what do you need?)

What changes do you notice in your body when you get angry?

Take some deep breaths

Let the pressure go slowly by expressing your feelings.

What coping skills work best for you?

If anger is not taken care of, it can bubble up and cause you to explode.

ANGER-O-METER

• CREATE YOUR OWN WITH YOUR SYMPTOMS/ RED FLAGS
• MATCH YOUR INTERVENTIONS TO YOUR LEVEL OF ANGER.
MORE ANGER = MORE TOOLS

CHILLED = CARRY ON!
SENSITIVE = BREATHING
ANNOYED = BREATHING + MUSCLE RELAXATION
ANGRY = WALK AWAY + SCREAM INTO PILLOW + 20 MIN 'TIME-OUT'
RAGE = REMOVE SELF + USE ALL TOOLS

CHILLED: SLOW BREATHS, SMILES, MOVIE FASTER

SENSITIVE / ON-EDGE: FIRST BREATHING, MUSCLES TENSE, TIGHT CHEST

ANNOYED: SWAPPY, LOW TOLERANCE, GETTING TEETH, TIGHT FISTS

ANGRY: YELLING, SUBPARANO, HOT

RAGE: SCREAMING, SCREAMING BOOKS, NO CONTROL

Anger Scale

1	2	3	4	5
Feeling great Playful Happy Relaxed	Still relaxed, but may feel a bit annoyed.	Starting to feel tense in body. Less relaxed. Starting to feel anger. May snap at others	Probably yelling, body tense, teeth clenched, feeling angry	Screaming, heart beating fast, hands maybe clenched, Very angry.

Pushups are a great way to release anger energy. You can encourage your child to visualize squeezing out the anger while pushing his/her body up. Parents can model this too!