



*Li taan paasii. Li taan ki vyayn.
From our past. For our future*

Child Youth & Family

Fall Online Education & Awareness Series

2024

Anger Management -Agenda

October 7th, 2:00pm–3:30pm

- Introductions
- What is Anger?
- Positive Aspects of Anger
- Negative Aspects of Anger
- Triggers
- How does this effect your Physical, Emotional, Mental and Spiritual well being?
- Creating Better Coping Strategies
- Managing Your Anger
- Anger Management – Kids
- Holistic and Western Resources

What is Anger?

“Anger is a normal, healthy emotion, neither good nor bad. Like any emotion, it conveys a message, telling you that a situation is upsetting, unjust, or threatening. If your knee-jerk reaction to anger is to explode, however, that message never has a chance to be conveyed”.

“Anger has both negative and positive aspects”.

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.



What are the Positive Aspects of Anger?

Positive Aspects of Anger:

- Increased energy - when we are angry, we have more energy!
- Motivated to communicate feelings - Anger usually motivates us to talk. We let people know how we feel (which we may usually not do).
- Motivated to problem solve - when we are angry, we usually want to fix the problem
- Motivated to take charge of the situation – when we are angry we often take charge of the situation to ensure it is fixed.
- It is this positive side of anger that we want to harness.

So, if anger management is about increasing the positive aspects of anger and decreasing the negative aspects, how do we do that?

What Are the Negative Aspects of Anger?

Negative Aspects of Anger:

- Disruption of our thinking - when we are angry, we can't think of anything else but what we are angry about.
- Unnecessarily defending ourselves – when we are angry, we usually get defensive.
- Becoming aggressive – when we are angry, we can get aggressive and even lose control
- Becoming known as an angry person – when we are often angry, we get the label of being aggressive and people don't like being around us in case we explode.

Things that Block us from Processing Anger:

Obsessive – “I cannot stop thinking about the anger- it consumes so much of my time”

Punitive- “I am going to retaliate against the person that is making me angry”

Resentment- “I have hard letting go and cannot release my anger”

Let's talk about this...has anyone experienced this before...

What Triggers Anger in You?

- Different events and situations trigger anger for different people. In general, most people are more easily irritated if they are already Hungry, Annoyed, Lonely, or Tired (HALT).
- When you are already feeling that way, it doesn't take much to trigger your anger. Here are some common situations that anger most people.

Which of the following trigger your anger?

What Triggers Anger? People

- People asking rude questions or being nosy
- People joking about important subjects
- Rude or messy neighbors or roommates
- People that don't pay back money they owe
- Loud people in a theater or place that should be quiet

Triggers: Places

- Places that bring up bad memories
- Places where you feel trapped
- Waiting in long lines
- Waiting a long time for an appointment
- Traffic
- Crowded public transportation
- Crowded stores
- Bad working conditions

Triggers: Situations

- Hungry, Angry, Lonely, Tired (HALT)
- Being wrongly accused
- Getting lost or being given wrong directions
- Being placed on hold on the phone
- Cleaning up other people's mess
- Rumors or gossip
- Being stolen from
- Slow customer service

How Do I Know if My Anger is a Problem?

Anger becomes a problem if it is:

1. Too frequent

Anger may be appropriate, and it may help motivate you. However, if you are coping with lots of anger on a daily basis, it may be reducing the quality of your life, your relationships and your health. Even if your anger is justified, you may feel better if you pick your most important battles and let go of the rest.

2. Too intense

Very intense anger is rarely a good thing. Anger triggers the "fight or flight" response, which causes all kinds of physiological reactions—your heart pumps faster, your breathing increases, and others. When you become very angry, you are also much more likely to act impulsively and do or say something that you regret later.

How Do I Know if My Anger is a Problem?

3. Lasts too long

Angry feelings that last for a long time are hard on your mood and on your body.

4. Leads to aggression

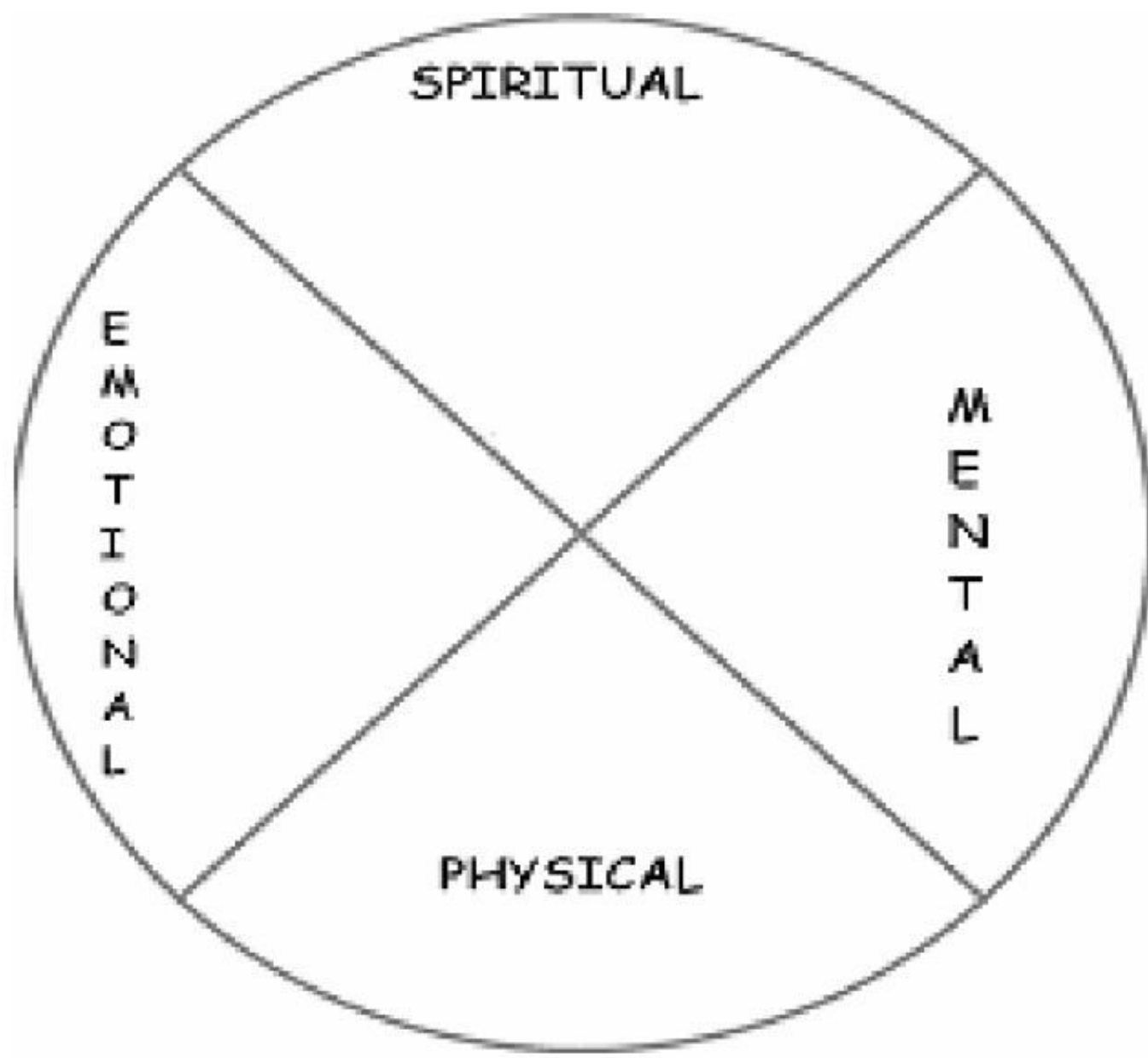
You're more likely to become aggressive when your anger is very intense. Lashing out at others either verbally or physically is not an effective way to deal with conflict. When anger leads to aggression, no one benefits.

How Do I Know if My Anger is a Problem?

Anger becomes a problem if it is:

5. Disrupts work or relationships

Intense and frequent anger can lead to problems in your relationships with co-workers, family members and friends. At its worst, anger can lead to the loss of employment and damage or destroy important relationships.



Metis Wellness Wheel: Aspects

- A wellness wheel is a wellness model that represents eight aspects of wellness: spiritual, emotional, intellectual, physical, social, environmental, financial, and occupational.
- We will only look at the four aspects of the Metis Wellness Wheel- Physical, Emotional, Mental/Intellectual & Spiritual

Metis Wellness Wheel: Identify Your Physiological Responses

Many people are not even aware of the physical reactions in their body when they become angry.

These reactions can include:

- Heart beats faster
- Stomach gets tight / upset
- Pressure on forehead or temples
- Feeling hot and /or flushed
- Clenched fists
- Sweaty palms
- Clenched jaw

Metis Wellness Wheel: Identify Your Physiological Responses

If you start to consciously think about what is happening in your body and become aware of your physiological reactions to anger, then you can choose to stop and take control and soon as you feel any of these physiological reactions.

What are the things you can identify physically happening for you when you feel anger?

How Does Anger Affect the 4 Aspects of Self

- Physical Aspect:
- Mental/Intellectual:
- Spiritual:
- Emotional:

Question: How does anger affect you?

Managing Anger:

- Both fear and anger are powerful motivators that can trigger the body's "fight or flight" response. Heart rate and breathing may speed up, the face may flush, the jaw and fists might clench, and the voice may get louder. This is the body preparing to act.
- The big question is: What kind of action will follow? It's important to remember that anger, though powerful, is just a feeling. It's what we do with it that counts.
- There are healthy and unhealthy ways to deal with anger. Ignoring angry feelings won't help anything and can lead to feelings of bitterness, resentment, or even hatred. In the end, pent up or hidden anger can be harmful to the self and others.
- On the other hand, acting out in anger doesn't solve problems. If anything, it creates them. At the least, it can be embarrassing, and at the worst, it can create a dangerous situation. In the extreme, uncontrolled anger can lead to violence and seriously damage young lives.

Reducing Stress and Limiting Anger:

It may not be possible to get rid of angry feelings altogether but it's important to learn to control anger and not let anger control you.

Activities that can reduce stress can also help to prevent angry feelings taking hold and can help in managing anger when needed.

- Get active. Go for a walk, or a run. Exercise has positive effects on body and mind.
- Get enough sleep. Eat right. Being rested and at ease in your body can help keep you calm.
- Get expressive. Write out your feelings, or draw, dance, or sing them! Don't bottle up your feelings. Pull them out and have a look.
- Get calm. Try meditating, or deep breathing. Regular practice is the key.
- Lose yourself. In music, a book, a movie. Enjoy a distraction outside of yourself.
- Talk to someone you trust. Sharing feelings helps you to figure out what's happening.

Self- Care:

- Physical- Sleep, diet, exercise
- Mental- try to journal, read, paint, draw
- Emotional-talk about what you are feeling to someone that is a healthy support
- Spiritual- this can be anything that grounds you –creates peace and relaxation

Holistic Ways to Cope with Anger:

There are seven natural ways of emotional discharge and healing in Indigenous cultures:

- Shaking
- Crying
- Laughing
- Sweating
- Voicing (talking, singing, hollering, yelling, screaming, etc.), kicking, and hitting.

All of these need to be done in a constructive manner so as to not harm another spirit.

Healthy Ways of Coping:

- Different relaxation strategies might also be helpful, such as breathing deeply, repeatedly telling yourself to remain calm or take it easy, counting from 10 backwards, or imagining or visualizing an image that helps you relax or feel calm.
- Avoiding or leaving a stressful situation.

What other ways can you suggest that is healthy and that you deal with anger?

Healthy Ways of Coping:

- Take your mind off your problems. By reading, taking up a hobby or becoming involved in sports, you can give yourself a 'mental holiday' from stress. It will also give you distance from your problems, so that they become easier to solve.
- Try not to be too hard on yourself. Stress can cause lots of negative thinking. You may notice yourself saying things like "I can't, won't, should, must". Be realistic. Find realistic solutions you can achieve in steps that will bring success.

Anger Umbrella:



Anger Coping Skills for Kids:

It's normal for kids to feel angry from time to time. Eliminating all anger is never the goal. Instead, what's important is that kids learn how to deal with this emotion in a safe and healthy way.

Coping Skills for Kids that will help kids bring down the temperature:

- Walk away
- Take a deep breath
- Do something fun
- Talk about it

Anger Coping Skills for Kids:

6 THINGS TO TRY WHEN I AM ANGRY



1 TIGHTLY HUG OR SQUEEZE A PILLOW OR TOY.

2 USE MY WORDS TO TELL HOW I'M FEELING.

MAD
UPSET
ANNOYED
FRUSTRATED



L M N O P

3 SLOWLY COUNT TO 10 OR SING THE ABC'S.

4 TAKE A FEW SLOW, DEEP BREATHS.



5 TALK TO A TEACHER, FRIEND, PARENT, OR GRANDPARENT.

6 TAKE A BREAK TO CALM DOWN AND DO SOMETHING I ENJOY.



Identify Anger Triggers in Kids:

Being able to identify anger triggers in kids is an important step in your anger management strategy as you will be able to:

Avoid some anger-triggering situations, and consequently, prevent the anger outburst

Help your kids identify those situations so that:

- They understand the reasons behind their discomfort – understanding their feelings makes coping with those feelings easier
- They can look for help at the initial stages before things have turned into a full-blown drama
- They can take action and deal with their emotions by utilizing learned strategies and coping skills.

Explaining Triggers to Kids:

What is a trigger?

How can I explain to my kids what a trigger is? A simple explanation and tip:

“A trigger is something that causes a reaction. For example, tickles are the trigger for laughter.”

Tip: Here you could start tickling your kid. My kids took turns tickling each other and thought it was hilarious (and at points annoying!)

By the time you finish with this nice tickling activity, you remind them that your tickles were the trigger to their laughter. Then you move into more serious business: anger triggers.

Triggers in Kids:

What are the most common anger triggers in kids?

When it comes to our little ones, some of the common triggers are:

- Tiredness
- Being hungry
- Stopping an activity that they enjoy
- Frustration
- Anxiety
- Sense of injustice

Identifying Anger Triggers: A Brainstorming Session with your Kids:

- A brainstorming session with your kids can be quite a fun activity. You are probably clear on what things make your kids explode, but exploring their own anger triggers will:
- Help them become aware of those situations that can potentially make them angry
- Better engage them in creating action plans to deal with their triggers

How To Brainstorm with Your Kids:

- Use a whiteboard to write down everybody's anger triggers
- Ask your children what things make them feel angry, and explain that you will, as a team, prepare plans to deal with those situations.
- Take turns naming situations, events, moods or anything that comes to mind that could make you angry.
- Once you have built a nice list, you will be able to pick a couple of examples to explain two facts of life:
- Sometimes you can prevent triggers /situations

How To Brainstorm with Your Kids:

- Some other times it will be unavoidable.
- Pick two examples from your list:
- A trigger you can do something to fix /avoid
- A trigger that can't be avoided and that will require coping strategies
- Prepare an action plan for both those examples that you chose (our own examples in the next sections)
- Keep working through your list in the future

Example to Talk to your kids about Anger: Anger Triggers Examples Explained to your Kid

An example of anger triggers that you can avoid:

“Remember how you said that you get grumpy when you get hungry?

Mommy can do some things so that it doesn't happen.

Mommy can help you by making sure that dinner is ready by 6 pm (15 minutes earlier than usual), and if things get delayed you can munch a healthy snack while you wait! “

Action Plan for an Avoidable Trigger: Example

Trigger: I get angry when I talk to Mom, and she does not respond immediately

Facts: Sometimes, Mommy is doing something else and can't respond to me immediately. It does not mean she doesn't want to talk to me. I'm still super important to her, but I need to wait for my turn (unless it is an emergency like I'm hurting)

Action Plan: What do I need to do to solve this situation?

If Mommy is talking, I will wait till she has finished talking

If Mommy is listening to my sister, I will wait until she has finished listening

Then, I will say: "Excuse me, Mom," to get her attention

When Mom is looking into my face, it means that she is now ready to listen to me and respond

Role-playing: We repeated this three times and then we role-played. I started talking to his sister and he had to follow those steps.

Resources:

- <https://www.healthlinkbc.ca/health-topics/help-anger-problems>
- <https://counsellingbc.com/counsellors/practice/anger-management-issues-98>
- <https://www.heretohelp.bc.ca/wellness-module/wellness-module-5-anger-management>
- <https://helpstartshere.gov.bc.ca/resource/anger-management>
- <https://www.ementalhealth.ca/Fraser/Anger/index.php?m=heading&ID=28>
- <https://thelifelinecanada.ca/>
- Check out resources in your community- Non- Profits, Church groups, Metis Organizations, Sharing Groups, Online Forums

Final Thoughts:

Thank you on behalf of the Child, Youth and Family Department for the BC Metis Federation

For a copy of this presentation please email the Director of Child, Youth and Family:

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