

Managing Anger and Frustration

Most kids get angry or feel frustrated sometimes. Life often seems unfair, and that's okay. Sometimes you may feel like you want to scream at the top of your lungs, burst out in tears, or even hurt somebody. Nobody enjoys being angry. It's good to know that you are not alone and that there are healthy ways to deal with frustration.

Why do we get angry?

There are many reasons why someone may feel angry or frustrated. This may happen when something is out of our control or we feel powerless. Maybe we really wanted something to happen and it didn't. It's natural for these situations to cause anger.

Unresolved feelings can also lead to these disruptive emotions. Trauma experiences like parental divorce, bullying at school, or the loss of a loved one may cause children to lash out and take their anger out on other people.

What can I do?

In the heat of the moment, it may be hard to calm down. Here are some proven tips to help manage that anger.



Be aware: The best thing you can do when you start to feel frustrated is recognize those feelings. If you are able to say "I'm so mad!" and understand why you are feeling that way, you will be much better at controlling your aggression and frustration.



Develop a plan: As soon as you know that you are becoming angry, have a plan that you know can calm you down. Maybe this plan is to listen to music or read your favorite book. When you start to feel angry, remember to take a deep breath and then go do an activity that helps you feel happy.



Know yourself: If you know that certain situations make you feel angry, stay away from them. If you find yourself around the person or thing that makes you frustrated, walk away and go find a place that makes you feel more relaxed.

How can a parent help me?

Stay calm. It's hard to stay calm when someone else is raging, but if a parent can keep control of their own emotions, they model self-control for their child.

Don't give in. Sometimes parents get worn down and frustrated by their kids' display of anger and just give in. This teaches kids that their angry behavior works to get them what they want and makes it harder to change.

Praise appropriate behavior. Once their child has calmed down, a parent should praise them for getting themselves together.

Help you learn problem solving. Later on, after things are calm, you and your parent can identify the things that get you frustrated and think about solutions.

Help you stay safe. It's ok to feel angry. It's not ok to hurt other people, hurt yourself, or destroy things when you are angry.