



HEALTHY B.A.S.I.C.S.

(Building Active Strategies to Inform Children in School)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

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The Children's Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other care givers. They are created by clinicians within CHF's national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

www.ChildrensHealthFund.org



HEALTHY B.A.S.I.C.S.

What To Do When I'm ANGRY



WHAT IS ANGER?

Anger is a normal emotion. Anger is a feeling that comes from being hurt or feeling pain. Sad feelings often turn into mad feelings. This makes us angry.

Feeling angry is ok. It's how you deal with it that's important.



You may need to learn better ways to deal with your anger if you are acting these ways:

- Screaming or yelling
- Hitting someone or something
- Cursing or name-calling
- Getting even
- Purposely hurting someone you love (friend, family member, pet)
- Refusing to speak or ignoring someone
- Hurting yourself (like using drugs, smoking, overeating)



Better ways to deal with Anger

The key to controlling your anger is to understand what causes it.

Remember, YOU control your anger, your anger DOESN'T control you.

Talk to the person who made you feel angry, or a friend. Explain your feeling in a calm manner. If talking is too difficult, try writing your feelings down on paper.



Try to avoid situations or people that make you angry. Walk away before it gets the best of you.



HERE ARE SOME WAYS TO DEAL WITH YOUR ANGER

Think about what may happen if your anger gets out of control. Stop for a moment—before you react, consider that you may end up doing something you regret. Your actions may hurt someone, or cause you to get into trouble.



Turn your anger around by telling a joke. By laughing, you can reduce your angry feelings.



Try to relax—find a quiet place and listen to music.

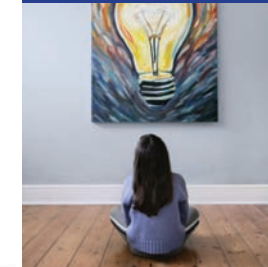


Do some form of exercise like walking, running, playing sports.



LETTING GO OF ANGER

Try the following exercise:



When the angry feeling begins, focus on something positive. (Look at a picture on the wall, or the clouds outside).



Take slow, deep breaths in through your nose and out through your mouth.



For some people, imagining that you are in a happy place helps take your focus off your anger.

You make the choices about how you deal with anger.

If you feel unable to control your anger, there are people who may be able to help you. Speak to your parent, friend, teacher, guidance counselor or an adult whom you know. They may help you see that there are solutions. Remember, letting out your anger is good—if you do it the right way!