



EMPOWERMENT
EXCHANGE™

Healthful Living Skills

The Art of Anger Management

Learning Objectives

- Identify what anger is, how it's caused and how it's expressed
- Utilize activities for anger management and skill building
- Identify healthful living skills for teens



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Violence is...

- The physical force exerted for the purpose of injuring, damaging, or abusing people or property
- The unjust or abusive use of power



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Source: Webster's Dictionary

Violence

- Ranges from the interpersonal to the international
- Is sometimes judged as acceptable
- Is learned behavior



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Source: APA Help Center

Epidemiology of Teen Violence

- Homicide is the 2nd cause of death in adolescents
- Suicide is the 3rd cause of death in adolescents
- Homicide is the leading cause of death in black youth
- Teens are more likely to die by gunshot than all natural causes combined



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Source: APA Commission on Violence and Youth

School Violence

- 75,000 teachers are assaulted annually in schools
- 12% of teens reported carrying a weapon to school within the last 30 days
- 4% of teens reported missing school within the last 30 days because of fear of violence



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Ways to Reduce Youth Violence

- Empower Youth
- Enhance Healthful Living Skills
- Anger Management
- Violence Prevention



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Psychological Needs

- The need to *belong*
 - Loving, Sharing, and Cooperating with others
- The need for *freedom*
 - Making choices in our lives
- The need for *fun*
 - Laughing and playing
- The need for *power*
 - Achieving, accomplishing, being recognized and respected



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Definition of Anger

Anger is an emotional state that varies in intensity from mild irritation to intense fury or rage.



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Warning Signs of Violent Behavior

- Loss of temper on a daily basis
- Frequent physical fighting, vandalizing, or property damage
- Alcohol and drug use
- Risk-taking behavior
- Enjoying hurting animals
- Carrying weapons
- Announcing threats or plans for hurting others



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Source: APA Help Center

Anger is

- A natural emotion
- An instinctive response to threats
- Accompanied by physiological and biological changes
- Neither good nor bad... it's what you do with it that counts

There is a part of the brain called the limbic system. It's also known as the emotional brain. The limbic system recognizes anger before the logical, thinking part of the brain does. All this starts to happen before the cerebral cortex—the thinking part of the brain—even knows you're angry.



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Primary Causes of Anger

- Poverty
- Prejudice
- Education
- Family Structure



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Secondary Causes of Anger

- Stress
 - Work, family health and money problems may make you feel anxious and irritable
- Frustration
 - If you fail to reach a goal or feel things are out of your control
- Fear
 - In response to threats of violence, or to physical or verbal abuse



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Secondary Causes of Anger

- Annoyance
 - In reaction to minor irritations and daily hassles
- Disappointment
 - When expectations and desires aren't met
- Resentment
 - When you've been hurt, rejected or offended



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Positive Effects of Anger

Expressing, can also lead to

- Reaching goals
- Solving problems
- Handling emergencies and protecting yourself
- Communicating with others



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Objective of Anger Management

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes



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Stages of Change Theory

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance



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Benefits of the Group in Anger Management

- Groups reduce sense of isolation and unique experience
- Groups help adolescents express feelings appropriately
- Groups allow adolescents to learn what other adolescents are thinking
- Groups help adolescents identify patterns in relationships and in expressing anger
- Groups serve as a "practice field" for new behavior
- Groups allow adolescents to dispel misconceptions
- Groups allow adolescents to develop empathy
- Groups help adolescents learn they can ask for help



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Example Objectives for Anger Management Programs

- Understand that anger is a normal human feeling
- Recognize the difference between angry feelings and angry behavior
- Identify what triggers anger
- Become familiar with physical anger warning signs
- Identify characteristics ways of expressing anger
- Consider the consequences of angry behavior
- Develop constructive and effective ways of expressing and handling anger
- Respond effectively to anger



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Definition of Healthful Living Skills

Healthful living skills consist of the knowledge and behaviors that contribute to psychological and social well being



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Healthful Living Skills: The Art of Anger Management

- Building Self-esteem
 - Self-perception
 - Self-acceptance
 - Self-efficacy
- Behavior Management
 - Self-awareness and monitoring
 - Decision-making
 - Planning behavioral strategies
- Communicating
 - Empathy
 - Assertion
 - Conflict resolution
 - Responding to persuasion
- Using appropriate Resources
 - Assessing need for help
 - Locating sources of help
 - Exercising rights
 - Overcoming obstacles



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