Teens: how to manage your anger

It’s normal to feel angry sometimes. But anger can be a problem when you show it in a way that can hurt others and yourself. Use this sheet to help manage your anger.

Why do people get angry?
Anger is a normal response when you:

- didn’t get treated fairly
- are stressed
- are depressed
- feel like you have no control over things
- are going through changes in your body that can affect your mood

What are some healthy ways I can manage my anger?

**Becoming violent is never the answer. When you’re angry, try to:**

1. **Count to 100.** Counting can help stop you from saying anything you might regret later.
2. **Leave the room** if someone is yelling and getting violent. This will keep you safe if things get out of hand, and help you stay calm.
3. **Go to a quiet place** like a park or somewhere you can relax. Think about why you are angry and what you can do to solve it.
4. **Listen to music.** It helps you feel calm and can change your mood.
5. **Be active.** Release your anger by going for a run or kicking a soccer ball.
6. **Play video games** so you can get rid of anger. Fight in a video game, not in real life.

Where can I get help with my anger?
Talk to someone about your anger. You can talk to family, friends, teacher or school counselor. You can also call:

- A CHN social worker. Call 866-246-8259 to speak to a social worker.
- LifeNet. Call 1-800-543-3638 for help with your anger. All calls are private.