

# 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.