

ANGER MANAGEMENT IN (PRE)TEENS.

We live in a society where everyone struggles to keep their emotions in check. Emotion literally means "Energy in Motion". Emotions are just feelings, and feelings can never be good or bad. Right or wrong is determined when we act upon those feelings. Anger is one of the many emotions, if not controlled, can have negative consequences.

Today's (pre)teens deal with some serious anger management issues. Physiological changes, hormonal imbalances, pressures from school/parents/exams, over scheduled life styles, psychological upheavals & virtual world obsessions overwhelm teens.

Here are a few tips to help (pre)teens deal with their anger:

- House Rules:

Establish house rules in regards to anger. Slamming doors, leaving dinner half way, throwing things, etc.. won't be tolerated. Adults too have to follow these rules. Children mirror adults, so model the behavior you wish to see in them.

- Choose To Pause:

In a conflict situation, choose to PAUSE. Sometimes being quiet is most effective form of communication. When you pause, you give yourself time to compose your thoughts. Always PAUSE when in doubt, hungry, angry, tired or stressed. These components usually trigger anger.

- Put it on back burner:

When cooking, we allow the dish to simmer by placing the vessel on the back burner of the stove for little while so all the ingredients get mixed well. Use this analogy when dealing with difficult situations, instead of reacting, pause & choose to put the conflict on the back burner of your mind. Sleep over it. You'll have more clarity the next day, helping you communicate the problem rationally instead of emotionally.

- Reflect/Journal

Keep a tab on when your emotions are triggered. Reflect on exactly where this anger originated from. What made you upset? Why did that upset you? Was it misplaced anger? Understand & observe your thought patterns. Journal these reflections. Journaling & Reflection creates self awareness & the next time you are in a similar situation you can avoid the trigger points. Reflection is a process, positive results appear with time.

- Siblings Take Time Out:

Especially with siblings, when there is a fight bordering towards a yelling match, choose to say "Time Out". Time Out is a key word used for family/siblings. When used the other party has to keep quiet allowing the person who used it to leave the room and take some reflection time. Time Out method placates the situation. When reflection becomes a continuous process, the child understands their trigger points better & chooses Time Out method resulting in resolving the situation by communicating their individual views.

- Guided Meditation:

Whether you pause or time out, mediate and breathe. There are various teen friendly apps available for guided mediation with thousands of topics to choose from. You simply have to plug & play, tune in for 5 minutes or more and you'll see some amazing results in anger management.

- Ask for help:

If you feel angry most of the time, reach out to an adult for help. Anger Management is something that adults also struggle with. There is no shame in seeking an expert opinion in this matter.

Ciao,

Binny Brahmhatt-Sharma