

Keeping your cool

(and how to help your kids keep theirs)

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Goals for today's workshop

- ▶ Define anger
- ▶ Identify the triggers to our own anger
- ▶ Identify how our own stance can affect a child's angry outburst
- ▶ Understand that we get the behavior that we model
- ▶ Learn some methods to tame anger
- ▶ Learn about the intersection of anger and other unsafe behaviors through adolescence and early adulthood

How do we define anger?

acrimony

animosity

annoyance

antagonism

displeasure

enmity

exasperation

fury

hatred

impatience

indignation

ire

irritation

outrage

passion

rage

resentment

temper

violence

chagrin

choler

connoption

dander

disapprobation

distemper

gall

huff

infuriation

irascibility

irritability

miff

peevishness

petulance

pique

rankling

soreness

stew

storm

tantrum

tiff

umbrage

vexation

blow up

cat fit

hissy fit

ill humor

ill temper

mad

slow burn

Anger triggers

- ▶ Triggers are personal (historical)
- ▶ May be different for different children
- ▶ May vary by day (or hour)
- ▶ How do you know you're angry?
- ▶ How do you know when your kids are angry?
- ▶ What do you do to keep your cool?
- ▶ How are your responses affected by what was modeled for you growing up?



Steps for controlling and expressing anger:

STARR

- ▶ Stop
- ▶ Think about what could happen if you lose control
- ▶ Ask yourself what you want to happen here
- ▶ Reduce the anger
- ▶ Reward yourself

FEWW

- ▶ Tell the person how you Feel
- ▶ Identify the specific Event that produced the feeling
- ▶ Explain Why that specific event produced that feeling
- ▶ Explore What the options are and make a plan to solve the problem

Feelings Thermometer

► My behaviors/how I feel:

Feel like Hulk

Yelling

Stomping feet

Feel like crying

Face feels hot

Clenched hands

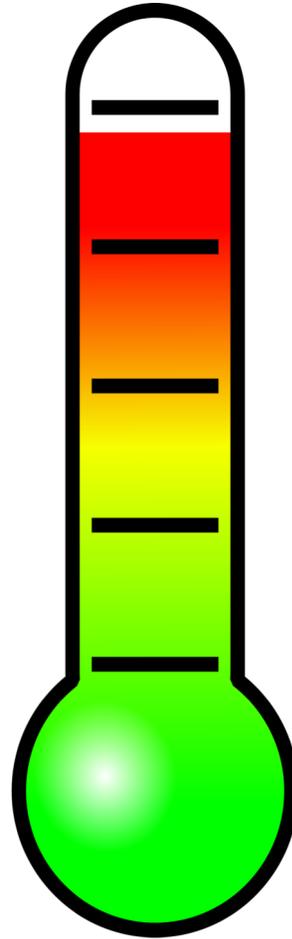
Throwing things

Tummy feels sick

Breathing is fast

Calm

Happy



- What I can do:
 - Pizza breathing
 - Get a hug from someone I trust
 - Squeeze a stuffed animal
 - Count to 10
 - Do jumping jacks
 - Splash cold water on my face
 - Run around outside

Recognize your anger

- ▶ Tense muscles
- ▶ Clenched jaw
- ▶ Fast breathing
- ▶ Clumsiness
- ▶ Upset stomach
- ▶ Raised voice

Use techniques to calm down

- ▶ Stop what you are doing
- ▶ Count to 10
- ▶ Get away from the situation (if safe)
- ▶ Vent in a safe place
- ▶ Do something physical
- ▶ Call a crisis line if needed

Let it out

Growing up, you may have been taught that it's wrong to be angry. Holding it in may:

- ▶ Make you feel worse
- ▶ Delay (not prevent) an outburst
- ▶ You may turn it on someone else causing further conflicts

Adapted from Resolving Family Conflict, Channing Bette

What is validation?

- ▶ Validation communicates to others that their thoughts, feelings, opinions, experiences, etc make sense and that we *get them*.
- ▶ Validation does mean you agree with the other person's stance, but shows that you understand where they're coming from.
- ▶ Validation can deescalate situations and improve relationships.
- ▶ We can validate feelings, thoughts, and behaviors in ourselves and others.
- ▶ HOW?
 - ▶ Actively listen
 - ▶ Be mindful of your verbal and nonverbal reactions
 - ▶ Observe the other person and describe what emotions you observe
 - ▶ Show tolerance - how might their feelings make sense? Try to put yourself in their shoes.
 - ▶ Respond in a way that shows you are taking them seriously - offer a tissue, give a hug, or ask "what do you need right now?"

Adapted from Rathus & Miller, 2015

Solve conflicts

- ▶ Identify the specific conflict to be solved - ONE issue to talk about (ex:toys are not picked up in room vs general messiness)
- ▶ Brainstorm solutions; all ideas are welcome
- ▶ Work out pros and cons
- ▶ Choose one solution that both sides can live with (room must be cleaned before company comes, other times parent will tolerate door being kept closed)
- ▶ Agree to try it: make a contract, including length of time and consequences; set a date to review progress



Adapted from Resolving Family Conflict, Channing Bette

Benefits of conflict

- ▶ Helps children/teens learn to negotiate and compromise
- ▶ Helps family members learn to listen, understand, and respect one another
- ▶ Can bring awareness to a problem
- ▶ Creates opportunity to grow
- ▶ Challenges old assumptions
- ▶ Helps build life long relationship skills



Teaching time out

- ▶ Mindfulness glitter jars
- ▶ Teach by example - you can give yourself a time out
- ▶ Take a deep breath
- ▶ Identify emotions
- ▶ Watching thoughts
 - ▶ Clouds
 - ▶ Leaves floating downstream
 - ▶ A train in the distance



What's next?



- ▶ Practice, practice, practice!
- ▶ Help your kids make a feelings thermometer (or make one for yourself!)
- ▶ Make a mindfulness glitter jar
- ▶ Make a cope ahead plan
- ▶ Model coping responses
- ▶ Ask for help when you need it

Thank you!

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