

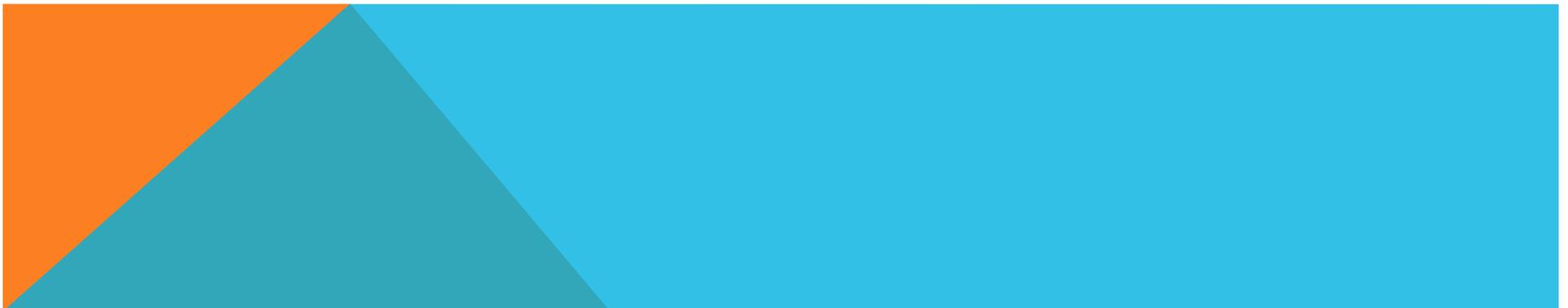


KEEPING YOUR COOL

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OUTCOMES FOR TODAY'S WORKSHOP

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



I KNOW I AM ANGRY WHEN...

- Physical symptoms
- Thought symptoms
- Verbal symptoms
- Behavioral symptoms

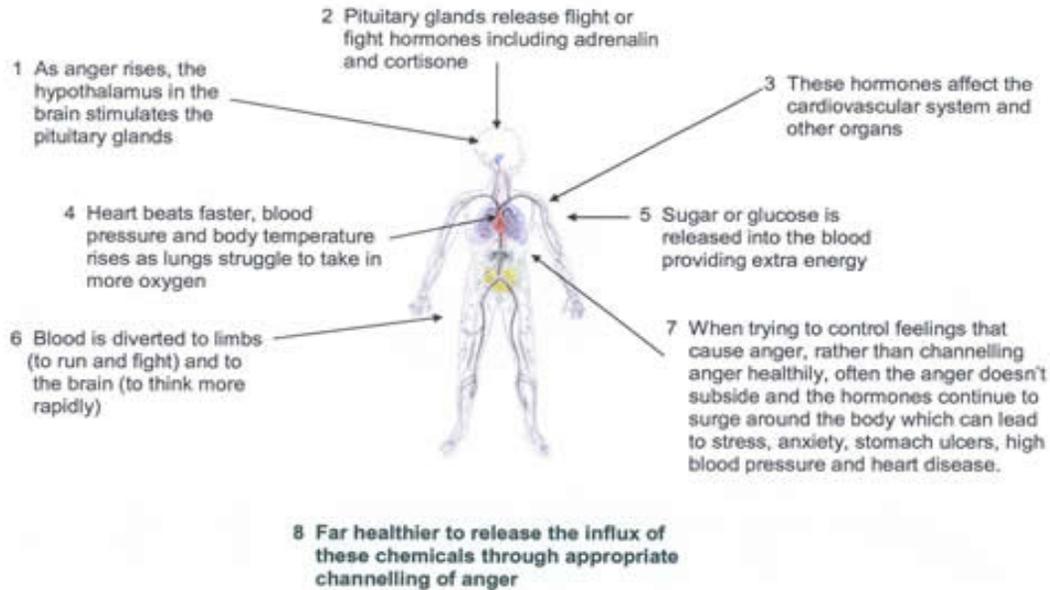


THE PHYSIOLOGY OF ANGER

[HTTP://WWW.POSITIVEHEALTH.COM/ARTICLE/ANGER/HOLISTIC-WELLBEING-APPROACHES-TO-COPING-WITH-ANGER](http://www.positivehealth.com/article/anger/holistic-wellbeing-approaches-to-coping-with-anger)

PHYSICAL EFFECTS OF ANGER

Anger has profound effects on the body



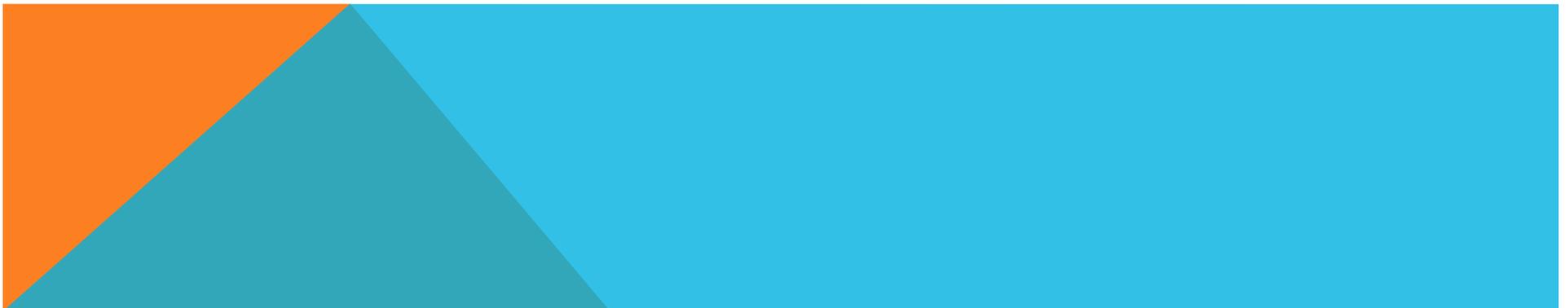
TAMING ANGRY OUTBURSTS

Reactive (In the moment or after the moment)

- Deep breathing
- Leaving the scene
- Talking it out
- Music, physical activity
- “Reset” button

Proactive (Lowering the baseline)

- Proper exercise, sleep and nutrition
- Mindfulness exercises
- Communication skills



RESET VERSUS TIME OUT: THE NURTURED HEART APPROACH

What is a RESET?

- A “Reset” begins when the child stops the negative behavior and quiets down.
- The child is congratulated on successfully extinguishing the negative behavior and successfully completing the reset.
 - "The power of a reset is not in how punitive or drastic it is, but rather in how 'clean' it is."
- A clean time-out is de-energized, with a rapid return to the pursuit of success – much like a penalty in a video game or sports.
 - Specific positive feedback is given! (no negative attention given)

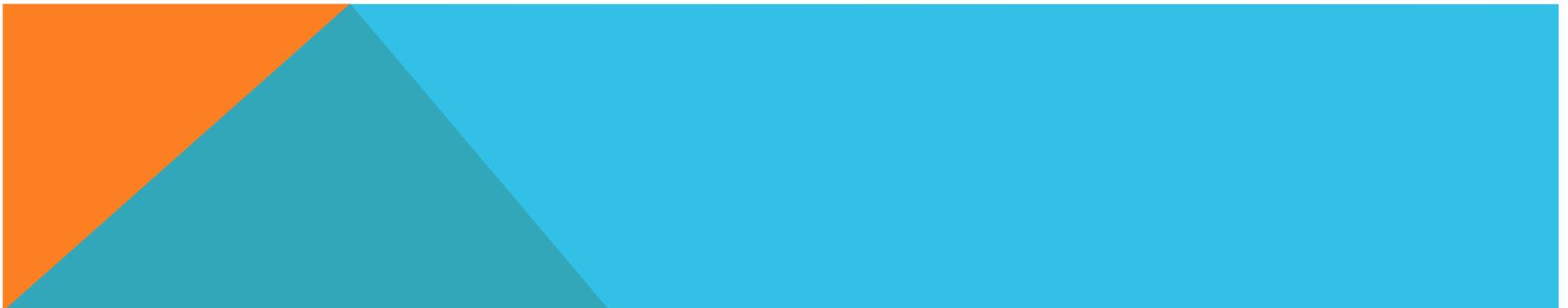
https://hces-aps-nm.schoolloop.com/cms/page_view?d=x&piid=&vpid=1396097118516



THE POWER OF APOLOGY

1. Give up the idea of being “right”
2. Use “I-statements”
3. Avoid justifying your actions
4. Use excuses cautiously
5. Avoid the “but”
6. Consider the other person’s needs and personality
7. Write your apology down, if you like
8. Find the right time and place
9. Be mindful of your body language
10. Propose a remedy to the situation

Adapted from <http://www.wikihow.com/Apologize>



RISK FACTORS

RISK FACTORS	PROTECTIVE FACTORS
<ul style="list-style-type: none">■ Chaotic home environment■ Ineffective parenting■ Little mutual attachment and nurturing■ Inappropriate, shy, or aggressive classroom behavior■ Academic failure■ Low academic aspirations■ Poor social coping skills■ Affiliations with deviant peers■ Perceived external approval of drug use (peer, family, community)■ Parental substance abuse or mental illness 	<ul style="list-style-type: none">■ Strong family bonds■ Parental engagement in child's life■ Clear parental expectations and consequences■ Academic success■ Strong bonds with pro-social institutions (school, community, church)■ Conventional norms about drugs and alcohol 

SOURCE: US Department of Health and Human Services, National Institutes of Health, National Institute on Drug Abuse, (1997) Preventing drug use among children and adolescents: A research-based guide. NIH Publication No. 97 - 4212.

