

Counselor's Corner



December can be a very hectic month. In the midst of all the activity and commitments, we can lose our patience and forget to take time to deal with our **stress** in a healthy way. Our children learn how to handle anger and stress by watching us. Below are some tips to help **manage anger** before anger starts managing us!

If you have concerns you would like to discuss regarding your child's social or emotional performance at school, please contact Bridget Beardsley, Elementary School Counselor at 728-3547.



Aware - Be aware of physical signs that you are becoming angry, such as, headaches, increased heart beat, rapid breathing, feeling hot, and muscles tightening.



Back Off - Give yourself time to **cool down** and sort out what is wrong. Take a walk, listen to some calm music, walk away from the person or situation that is upsetting you, get some exercise, think of something you enjoy.



Choices - Think about each choice you have to resolve the situation, remembering that all choices will have a consequence. For example: choosing harsh words will likely get a negative response in return.



Decide - Do what is safest for everyone!