



This issue builds resilience in...

Communication

Anger Management

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Simple ways to stop yelling...

All was calm in the house until Louis (4) decided to pour milk all over the family cat while watching TV in the lounge room. The cat streaked through the kitchen, scrambled up mum's leg and scratched her shoulders raw trying to escape further insult. Mum lost it. "Louis," she screamed, "get in here right now!!!" Louis furtively came into the kitchen with his head down, peeked through his lashes and stood as far away as possible from his mum as she went nuts... "How could you do such a thing? How could you be so stupid? You are a very naughty boy..." and on and on it went. That night, while Louis was still avoiding her contact, mum started to feel really bad. "It was only a small thing. No one was seriously injured. It was easy to clean up. Why had she said all those mean things to him?" She loves her son but she gets so angry and before she knows it, she's lost control.

90% of parents admit to losing control of their temper throughout the year...

Reacting angrily, out of proportion to an event, can cause long-term impact on people we love. It can lead to disconnection, lack of respect, less empathy and low self-esteem (for everyone concerned). How then can we reduce the need to yell, while still responding appropriately to behaviour, which may need changing (assertive boundary setting)?

Simple tips to stop yelling are...

Think before you speak. Stop, take a deep breath and imagine whomever you're about to berate is only a few months old. Speak to them like you would a precious baby and it will help soften your tone.

Express your concerns, upsets and disappointments once the emotions have calmed a little. If something needs to be said, it can be done after the fact. "Remember when you poured milk on the cat this afternoon? Well, I felt really upset by it because..."

Displace the anger where you won't cause harm, i.e. a pillow, in your car screaming with the windows up, doing high intensity exercise, journaling or anything else which disperses the intensity, before you confront the offending party.

Make the anger worthwhile by providing a solution, which will help future proof. Instruct on how to avoid this situation happening again and what behaviour modifications are required. If it's not worth finding a solution for, it's not worth getting angry about either.

- ✓ Yelling is common but it hurts everyone
- ✓ Stop before you speak and imagine the person is a baby before continuing
- ✓ If it's worth the anger, it's also worth finding a solution for future proofing.

"Live as if you were to die tomorrow. Learn as if you were to live forever."

Mahatma Gandhi