



This issue builds resilience in...

Managing Emotions

Respectful Relationships

Want more help? Try **Sticky Strategies**

Are tantrums just for toddlers?

Angry feelings are demonstrated in many ways; silent treatments, the 'evil eye' and verbal attacks are common ones. We've all seen toddlers lay down on the ground screaming when things don't go their way and sometimes, as adults, we can be just as unpredictable! Blaming someone else for how we feel is a recipe for frustration because it leaves us powerless, as we can't change anyone's behaviour except our own.

Angry feelings are inevitable

Everyone experiences anger and these feelings don't make you 'bad' but they do often leave you feeling 'sad' if you overreact or deny your own needs in a situation. Getting really curious and looking out for common triggers can help **identify areas where more information or resources are needed**. When you have young children, often the strategies required are around self-care and/or effective communication strategies.

Put an early warning system in place

If you're feeling irritable, frustrated or resentful ask, "What could help, right now?" or "What do I really want, right now?" **Early warning systems prevent disasters** in the event of tidal waves and cyclones and they can mitigate the **damage caused by emotional overreactions** too. Ask yourself, "Do I need to remove myself from this situation until I cool down? Do I need to ask for help with something? Is what I'm expecting of this person realistic? Am I feeling unwell? Have I looked after my own needs as well as everyone else's? Do I need a new strategy to address this issue effectively?"

Reinforce progress

Lasting change takes time and it's important to recognise progress. Positive reinforcement is just as important with your self as it is with others. When you take steps to prevent a damaging, angry outburst, remind yourself, "*You managed that really well.*"

Tantrums are for toddlers! As adults, we can choose our reactions, be effective role models and enjoy more peace of mind.

- ✓ Anger isn't the problem - overreacting is and not taking time to pause and think.
- ✓ Ask, "What can I change now? What do I need?"
- ✓ Early warning systems prevent disaster - know your own signals.

"For every minute you remain angry, you give up sixty seconds of peace of mind."

Ralph Waldo Emerson