



Simple ways to help mums 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, head down, peeking through his lashes, standing as far away as possible from his mum. Then mum 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 out of control.

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

Reacting angrily, out of proportion to an event, can cause long-term impact on the people you 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 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 as 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

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



Roxy Lebsanft Co-founder Bare Hands, Mother, G.Dip, Couns, B.HSc, Cert.IV TAE, Strategic Psychotherapist

Bare Hands
Practical life strategies for women

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au