



When we get Angry:



We love our children and teenagers, but the stresses of Coronavirus COVID-19, lack of money, the systems and our environment lockdown, can make us angry. Anger can be present at any stage of life, be it as a baby, a child, a teenager or an adult. It can be caused by different factors and manifests itself in different ways from one person to another. Anger is a feeling that most of us associate with unpleasant experiences. "Brain science shows if you control your anger or do something positive you increase your child's brain development".

Here is how we can maintain control and manage our anger so we do not hurt others:

- Avoid the things that usually make us get stressed and angry every time.
- Evaluate how you normally react when you are angry, do you hurt yourself, do you panic, if you do please see a doctor for help.
- What makes you angry? When does it happen? Prevent it from starting. If it happens when you are tired, get some sleep or rest. If it is hunger, make sure you have something healthy to eat.
- If you are feeling alone, speak to someone and ask for support or help.
- Look after yourself. Take a pause and try to manage your stress.
- When you start feeling angry, take a twenty second cool down. Breathe in and out slowly five times before you speak or move.
- Go somewhere else for ten minutes to regain control of your emotions. If you have safe outdoor space, go outside.
- If it is a baby that will not stop crying, it's OK to leave them safely on their back and walk away for a bit.
- Check on them every two minutes. Call someone to calm you down.

Take care of Yourself:

- We all need to connect. Talk to friends, family, and other support networks every day.
- Cut back on drinking or do not drink, especially when the children are awake.
- Do you have weapons or things that can be used to hit others? Lock them up, hide them or take them out of the home.
- If it is not safe for children at home, it is OK to get help for them, or stay somewhere else for a while.
- The COVID-19 crisis is not forever; we just have to get through it now one day at a time. **Be Safe**