



## Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE 2: MAY 14, 2020

### Coping with Anxiety and Anger:

The *CHOICES TUPE* program helps students discover and maintain resources so they can successfully transition through important life milestones. The second unit found in this newsletter discusses the foundational elements of Coping with Anxiety and Coping with Anger. Developing coping techniques that feel comfortable for the individual assists in a healthier relationship with inevitable experiences.

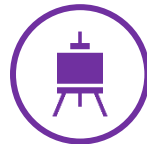


#### What is Anxiety?

A feeling of being nervous or worried, often as a result of fear or of a future event. An example is having to complete a class presentation or taking a test you didn't study for.

#### What can Anxiety Feel Like?

Upset stomach, chills, sweating, shaking, dizziness, hyperventilation, fast heartbeat, racing thoughts, flushed face, etc.



#### Coping Techniques to Try:

- Deep Breathing → Breathe in through your nose for a count of 4. Breathe out from your mouth for a count of 4. Repeat until you feel at ease.
- Positive Thinking and Self-Talk → It is easy to feel negative in a time of anxiety. Thoughts and words of encouragement can help you feel the strength needed to get through the situation.
- Sing, Listen, or have a Dance Party to Music → It can result in a powerful emotional response. Enjoyable music can lead to a better mood.



# Coping with Anger

Anger is a secondary emotion, stemming from experiencing fear, sadness, or hurt. This can result in an adrenaline rush also called fight-or-flight response. Some individuals choose to confront the situation while others avoid it. It's important to remind yourself that every choice has a consequence, positive or negative.

## Boiling Point:

Imagine your anger as a pot of boiling water. At first the water warms up. Then, little bubbles start to form – also called simmering. Next, large bubbles or the boiling point occurs. Last, the boiling water builds up enough pressure that it blows the lid off the pot.

The goal is to recognize your anger when it is simmering. Once you notice those small bubbles of anger it is a good time to use the following coping techniques.

## Staying in Control:

- Count to 10 (or Higher) → Take a deep breath and begin counting to yourself to stay calm. Remain respectful and listen to the person.
- Self-Statements → Sometimes just telling yourself not to get angry can help. You can say, "I can resolve this without fighting" or "This isn't worth losing privileges".



- ▶ We should try not to let our anxiety or anger define who we are. Everyone experiences them throughout their life, but it's how we cope and respond to these feelings that makes a difference.

## Social Media Tip of the Week:



- ▶ If you're feeling pressure to maintain your profile to look a certain way or have a specific style, take a social media break. It's important to remind yourself that you're an individual. It's beautiful to stand out and be different.

## Resources:

Botvin, G.J., Ph.D., (2019). *LifeSkills training: Self-Image and self-improvements*. Princeton Health Press

Additional video resources:

<https://www.youtube.com/watch?v=GVWRvVH5gBQ>

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

## Stop Scrolling! Ask Yourself:

- » *Am I seeing posts that make me unhappy?*
- » *Do I follow accounts that make me feel like I need to be someone I'm just not?*
- » *Am I comparing my life, body, or success with others?*
- » *Is the way I use social media affecting my mental health negatively?*

**"For every minute you are angry, you lose 60 seconds of happiness" – Ralph Waldo Emerson**



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Tulare County  
Office of Education

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