

Save the Children from Distressed Anger

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Most parents want to be joyful, encouraging and wise with their children. However, sometimes even the most loving parents have moments of venting like a two year old in a Vesuvius volcano tantrum. There are times when we don't take very good care of ourselves and we end up aggressing on our loved ones. Let's face it. You won't be able to move *quickly* from feeling angry and distressed to having fun, joy and laughter. But if you get triggered into an effective tirade here are some tips to speed the way:

1. Ask yourself when you are feeling angry what you are really feeling? You are probably feeling powerless, overworked, unappreciated or all three. Say it out loud. *I feel powerless and I'm acting it out.*
2. Ask yourself what you need. Your children may not be able to give you what you need. Please identify what you need and give it to yourself or seek out other supportive adults who can. You may need someone to say, *You are doing the best you can.* Or *It's OK to take a break from your responsibilities.* Or *You deserve support and help.*
3. Actually write in your day timer ME TIME. Having fun doesn't happen any easier than going to the dentist. It often requires planning and commitment.
4. Prepare yourself. The next time you notice yourself yelling at your children try these changes:
 - Change whatever you are yelling to yelling, *I love you!!!*
 - Say out loud to them and to yourself, *Oh! Oh! I haven't been taking good enough care of myself. Excuse me I'm going to go do that.* Then do it even if it is to make a cup of tea.
 - Do something different. Surrender and lie down on the floor. Notice how ridiculous you look.
5. Don't make fun, play and laughter another chore. Some days perhaps a good cry would lighten the atmosphere faster and more compassionately.
6. Learn some stress management skills. You might want to purchase my little booklet, ***Frantic Free: 147 Ways to Calm Down & Lighten Up.*** \$10 at www.lightheartedconcepts.com
7. Spend regular time with your children when you get down on the floor and join them in silly play. Let them teach you that giggling and making a mess can be relaxing.

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