

# ARISE 150 TIPS FOR DEALING WITH ANGER, TEMPER, WORRY, AND STRESS INCLUDING WORKSHEETS

## TABLE OF CONTENTS

ARISE Foundation: An Overview.....	2
50 Tips For Handling Anger. and Temper.....	3
50 Tips for Controlling Worry .....	13
50 Tips for Controlling Worry .....	23
ARISE Motivational Posters.....	76

# **50 TIPS FOR HANDLING ANGER AND TEMPER**

# 50 TIPS FOR HANDLING ANGER AND TEMPER

1. Understand that anger is a natural response to fright and other deeply painful feelings.
2. Know that rage is a virus that swells inside. It overtakes all reason.
3. Forgive those who hurt you and let the anger go.
4. “Hesitation is the best cure for anger.” —Eric Sevareid
5. Remember that people tend to listen more closely to those who are not yelling. When you scream at others, it only makes them angrier.
6. It’s never fun to have someone take his anger out on you. Although it’s normal to try to defend yourself from the rage, it’s often better to let that person vent his feelings and then deal with him when he’s calm.
7. “No man thinks clearly when his fists are clenched.”  
—George Jean Nathan
8. Act wisely when someone tries to provoke you. Getting even is a waste of time and accomplishes nothing.
9. Be aware that verbal attacks may hurt, but they are only words.
10. Ignore those who say things to hook you into a fight. They aren’t worth the trouble.
11. Know that when you lash out at others with force and hateful words, you open yourself to feelings of frustration, guilt, and regret.
12. Understand that one alternative to getting even is to ignore. This takes a lot of courage and self-control.

13. Allow for future relationships with people by avoiding the anger trap.
14. Realize that anger and hatred can blind you to the inner goodness of an individual. Forgiveness brings new understanding to any relationship.
15. Be aware that most anger comes from disappointment.
16. Note that broken promises, traffic jams, and rude co-workers or classmates are daily experiences that can stress you out and cause rage and anger. Anger is contagious; it will ruin everyone's day.
17. Remember that anger can make you tense and unable to focus on the things that are important.
18. Find a way to deal peacefully with your problems; then you won't need to resort to violence.
19. Separate the anger of the action from the individual.
20. Consider the consequences before you act.
21. Learn to recognize potential problems and find other alternatives to anger and frustration.
22. Sit down with a piece of paper and list the stressful situations that make you angry. Consider your choices and discuss them with a trusted friend.
23. Stop and think when you feel negative emotions rising to the surface. You have choices.
24. Anger is one letter short of danger.
25. Remember that you may sometimes feel the need to vent your rage and anger. There are ways to release it, such as exercise, meditation, and talking your problems through with a friend.

26. Be aware that hate and anger only make things worse.
27. Let it go. This is the best advice you'll ever get. When you keep anger inside, it leads to difficulty sleeping, stomach aches and heart problems.
28. Learn to control your anger and thoughts of revenge. Some psychologists believe that you need anger to protect yourself from a hostile and aggressive world. If everyone learned to control anger in the first place, we wouldn't live in a dangerous world.
29. Although society teaches you to look out for No. 1 and attack before you're attacked, this only encourages anger and hatred. The only ones who benefit are those who profit from cleaning up the mess.
30. "Imagine all the people, living life in peace." —John Lennon
31. Recognize that it's okay to dislike hurtful things that have happened to you, but it's stressful and unhealthy to let them consume your life.
32. Free yourself from the pain of anger and rage; learn to forgive.
33. Learn from your mistakes and move on in life. Being angry at yourself for personal failures produces stress and destroys your self-esteem.
34. Share your feelings with a trusted friend; this can reduce much of the tension brought on by anger and stress. If you're short on trusted friends, discuss your problems with the mirror in your bathroom.
35. Ignore people that bug you. You aren't a wimp—you're smart.
36. Be aware that although friends sometimes challenge you to defend yourself and attack those who stand in your way, violence and aggression are not the answer. Those who tell you to harm others are your worst enemies.
37. Take responsibility for your actions; you can make a difference.

38. Challenge yourself to control your emotions and ignore those who try to provoke you toward anger and violence.
39. Determine where you are going in life. Think before you act.
40. Know that hostility and anger only produce tension and stress.
41. Learn that anger, revenge, and hostility are not cool; they're stupid!
42. Take control of your feelings and your life. Put the brakes on anger.
43. Know that you may not always get what you want—that's life!
44. Remember that fighting doesn't solve problems; it just gets you into trouble and fills you with guilt.
45. Voice your opinions in a calm, controlled fashion. If you are treated unfairly, don't rely on reflex actions. Keep calm and talk about how you feel.
46. Get smart. You don't have to get even to avoid having others laugh at you.
47. Learn to voice your concerns and direct your anger productively.
48. "Let not the sun go down upon your anger." —Francis Bacon
49. Treat others with respect, kindness, and compassion and most people will return the courtesy.
50. Engage in a random act of kindness. You and others will benefit.

**"Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset."**

—*St. Francis de Sales*

# STAYING IN CONTROL

When people get angry, it is important to stay in control. List some of the methods you use to control your anger. Share your methods with the group.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_







# ANGER AT WORK AND SCHOOL

Read the following situation and provide your point of view on how Mary could have handled her anger and still made her point.



Mary and Robert have been working together on a group presentation. Mary feels Robert does not listen to her ideas because she's a girl. Robert feels Mary is too sensitive. One day, while the group was working on their project, Robert and Mary had an argument over their presentation. As a result of their arguing, Mary slapped Robert and stormed out of the library.

---

---

---

---

---

---

---

---

---

---



# THINKING ABOUT MY FAVORITE TIP

In the space below, write your favorite tip for handling anger and temper. How are you going to apply this tip in your life? (Instructor: After learners have completed this activity, select three to stand up and share their answers with the group.)

---

---

---

---

---

---

---

---

---

---

