

# ARISE BRAIN FOOD

## CREATING A POSITIVE OUTLOOK

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**“Be like a duck. Calm on the surface, but always paddling like the dickens underneath.”**

*—Michael Caine*

# **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.

# 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.

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# ANGER AT 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 on a group project for history class. 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 at the public library, Robert and Mary had an argument over their presentation. As a result of their arguing, Mary slapped Robert and stormed out of the library.

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