

Cut It Out – Anger Mountain

Parenting can bring out intense emotions. You lose sleep, you worry, you get too busy and before you know it you can lose your temper and say or do things you regret. If you can catch yourself and change gears (take a moment, talk yourself down, breathe, unplug, talk yourself down, make a cup of tea....), do it. Setting clear boundaries can help and we can do that by paying attention to our feelings before they stockpile however, in the real world, feelings pile up and our emotions can escalate.

Often we become overwhelmed and many emotions surfacing at once can flood our thinking. Before we know it, we are at the point of no return. The top of anger mountain and when we go there our hearts beat faster, adrenaline pumps and we lose our ability to think clearly. This is when stopping ourselves from talking and taking a time out is the right thing to do. We need to give ourselves as much time as we can to cool down yet with young children that might only be a few minutes. How do you gain control? Figure out what works for you and do it.

Notice if there is a pattern. Is there an issue that you need to workout with somebody? Sometimes the positive outcome of experiencing anger is the motivation that can follow to find that loving place. Role model taking responsibility and apologize to your loved ones if you have allowed anger to drive your behaviour. Kids can benefit from this chart as well.

