



THE GENESIS THERAPY CENTER

Staying Cool

Summer 2008

TAME YOUR TEMPER - TIPS TO DEAL WITH ANGER

By Joleen Hartland, LCPC, CADC

- Take a time out; counting to ten, or leaving the situation can diffuse the anger
- Learn how to calm yourself. Practice deep breathing techniques while visualizing calming scenes or repeating a calming phrase such as "relax."
- Do something physical such as exercising, shooting hoops, walking, or cleaning. This can offer a release for angry energy.
- Express your feelings directly to the person you are angry at in a positive way. If you are too angry to do that, talk to a friend or counselor to vent those feelings first. Practice expressing your feelings with a friend first so you feel comfortable with what you want to say. Use "I" statements to avoid criticizing or blaming.
- Focus that anger on solutions that will work to resolve the situation if possible.
- Don't hold a grudge. It only hurts you to hold on to angry feelings. It is like taking poison and expecting the other person to get sick.
- Find the humor in situations. Laughter and humor release tensions.
- Keep an anger log to identify the kinds of situations that set you off and to monitor your reactions.



A GREAT TOOL TO TAME YOUR TEMPER

The Anger Elevator

By Joleen Harland, LCPC, CADC

This tool involves identifying how angry you feel in a particular situation. You can go from low levels of anger, such as bothered, annoyed or irritated to middle levels of anger, such as agitated, mad or ticked off. Highest levels of anger are when you feel most out of control, such as furious, enraged, or finally Out of Control. At the lowest levels of anger, there is barely awareness of arousal or disturbance. At the highest levels of anger, body signals are intense and there are physical behaviors such as shouting or hitting. The better you get at recognizing your angry reaction and take steps to diffuse the anger, the less chance you will rise on the elevator to levels of anger that are more disturbing and out of control.

UPCOMING EVENTS:

THE GENESIS THERAPY CENTER'S 5TH ANNUAL KIDPOWER BENEFIT

SATURDAY, NOVEMBER 1, 2008
4:00 - 8:00 P.M.

Everyone is welcome to join us at the KidPower Fundraiser at 115 Bourbon St., 3359 W. 115th St., Merrionette Park, IL. The event includes a buffet dinner, silent auction, grand raffle, and entertainment.

Tickets costs \$30 per person and can be purchased at the door or in advance by calling 708-535-7320. All proceeds go to benefit our Child and Family Services programming.

*The Genesis Therapy Center is a 501c3 non-profit organization. *Tax ID#: 363508233

Please contact the Administrative Office in Oak Forest at 708-535-7320 if you wish to make a tax-deductible donation.

SUMMERTIME RECIPE

Quick Fruit Salad

By Charmaine Jake-Matthews, M.A., D Min.

Ingredients

- 1 cup canned mandarin oranges, drained
- 1 cup canned pineapple chunks, drained
- 1 cup canned peach slices, drained
- ½ cup toasted, shredded coconut
- ½ cup slivered almonds
- mint leaves (optional)



Place the first three ingredients in a large mixing bowl. Gently toss to combine. Cover the bowl (with a lid or plastic wrap) and place in the refrigerator to chill at least 2 hours. Just before serving, add coconut & almonds and toss again. Serve in small desert bowls garnished with mint leaves.

ANGER WITH PARENTING

By Christine Stanoch, MA, LCPC CADC



Being a parent is a 24-hour job. It has its precious moments and its trying times. As a parent, be it in the workplace, or at home, there are many stressors that affect your moods, your energy, and relationships. One task of parenting that warrants special attention is boundary setting, clarification of limits, and the requirement of setting up discipline. As we often hear as therapists, "No one ever wants to be the bad guy or bad gal."

Sometimes, misbehavior happens when children are overtired, not feeling well, or in the process of learning the limits you are trying to implement. Children's reactions have a way of dinging parents' feelings, inadequacy or tiredness. A frequent first reaction is irritation which can lead to yelling, anger, or physical punishment. These stages can escalate sooner than can be realized or anticipated. Once the "crisis moment" is upon you, it becomes a situation of getting things under control - first of all yourself. Slow down the reactions. Make sure everyone is safe. Take some slow deep breaths and continue this until you slow down and de-escalate. At a later time, re-think your reaction(s) to the situation and use the experience as a teachable moment for yourself and your child. Watch for the behaviors in your child that could take you into that situation again. Assess your own level of frustration. Work on the necessary changes in your behavior. Do not forget to work on more self care. You will be surprised how that will make a difference.

WHO ME? ANGRY?

By Barb Grevengoed, MA, LCPC, RN

As a child, I was taught that anger is wrong. My family prided itself in never being angry. The common expressions of anger were not present—raised voices, shouting, slamming doors. However, I now know that the anger was there. It was just camouflaged. The anger in my family was usually expressed in the form of sarcasm. We were masters at it!

I now know that sarcasm may be a masked expression of anger. People often make a sarcastic remark when they don't want to directly comment on something that gives them displeasure. It may feel safer to shroud the displeasure in the form of "humor". Another indirect way of expressing anger is through chronic lateness. People who frequently show up late to events may be making a statement of disapproval or anger. Other subtle signs of anger are frequent sighing, over politeness, a "grin and bear it attitude" or sometimes even forcing cheerfulness. It was a huge relief to me when I finally was able to identify the anger in my family and to label the incessant sarcasm as anger. This helped me to understand myself and my own anger.

Anger is not always about exchanging angry words. Looking for the subtle signs of anger in ourselves or others may help us understand some of life's roadblocks.

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We're on the Web!

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Summer Fun Websites

- www.egov.cityofchicago.org
- www.choosechicago.com
- www.gocitykids.com
- <http://collaboratory.nunet.net/museums/pages.cfm>