

Bear Wellness

Century Community Charter

February issue

Was is healthy Thinking?

Healthy thinking means looking at the entire situation—the positive, the negative and the neutral parts—and then coming to a conclusion. In other words, healthy thinking means looking at life and the world in a balanced way.

Wellness meeting

February 19th
5pm-6pm

Anger Management

Anger is a normal emotion we all feel from time to time, but if you find yourself angry more often than not you may be interested in trying one of these anger management techniques.

Teenagers often find it difficult to control their anger due to hormonal changes, low self-esteem, or discomfort communicating their feelings. While most teenagers learn how to control their anger over time, others may continue to struggle with anger management due to underlying difficulties with anxiety, depression, and other common mental health issues.

7 Anger Management Technique

Analyze your anger: When you notice that you're getting angry, take a couple of minutes to figure out what you're really feeling

Express your feelings using the right words: learn how to advocate for yourself and for your feelings by using words that are assertive without being rude or aggressive

Practice relaxation techniques: When you relax your body, you'll be more in control of your emotions.

Get Physical Exercise: Exercise releases endorphins, which are feel-good hormones. When you exercise every day, it will make you physically and mentally healthier.

Keep a journal: Writing down your feelings can help you look back and identify patterns over time.

Listen to music: Look for music that helps you feel better when you are angry.

Know when to get help: There are sometimes when anger isn't normal or healthy. If you are angry more often than you're not angry, you could be struggling with an anger problem. Also, if you are acting aggressively or violently, this is an indication that you might need professional help to manage your anger better.