

Keeping Your Cool in the Heat of the Moment



- Identify situations that put you at risk for losing control. Think about your own chemistry and those certain circumstances that make a dangerous mix. “When that happens, I always . . .”
- Know that your body’s emotional and physical responses are signals that your trigger is about to get pulled. Look for your own warning lights.
- Call for a time out on the field. Remove yourself from the situation immediately so that you don’t endanger anyone including yourself. Back off. Take a walk. Cool down. Do your best to relax. Don’t try to deal with it until you regain your balance.
- Let the steam blow off by talking about it with someone who can help. Express your hurt or disappointment in a way that won’t accelerate your anger. Vent your frustration without being destructive
- Reach for support. Remember your allies. Get feedback from others to help you sort out what is realistic, what is reasonable. Talk it over with someone outside of the situation first before you think you have seen all the options.
- Try again to return to the situation with the understanding that it takes time and patience to help work things out. Go easy on yourself and the people around you. Keep practicing until you get it right.
- Let your feelings be your friend. Reach out for help when you are angry. Talk things over with Teenline 1-800-639-6095.

Used with permission from Robert Bryant on behalf of the teens involved with the Headrest Teen Programs. For further information call them at (603) 448-4872.



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