



## How to Manage Your Own Emotions

### Self-awareness is the first step

Being aware of your own emotions is the first step to staying in control. Try asking yourself, “How do I feel right now?” before you respond to your child’s behavior.

### Take a moment to calm yourself down

Probably one of the best strategies to manage strong emotions is to take a break from the upsetting situation. This calming moment can be as simple as going to the restroom or staring out the window for a few seconds.

### Take a walk or do something physical

Another tried and true stress reliever is to do something physical. Go for a walk, dig in the garden, or throw the football – anything to burn off some energy. You’ll notice this strategy also gives you a break from the upsetting situation.

### Talk to someone you trust

Talking out problems really works for some people. If you’re completely frustrated with your child’s behavior, make sure they are safe and call a trusted friend. You can vent your frustration and maybe even discuss some new parenting ideas.

### Ask yourself, “Why is my child behaving this way?”

In most situations, you can take the time to ponder the underlying reasons for your child’s difficult behavior. If you can respond to the underlying cause rather than just reacting to the behavior, the misbehavior will often quickly stop. You will also strengthen your relationship with your child.

### Consider seeking help

Sometimes, despite your very best intentions, managing your own strong emotions doesn’t work. If you find yourself apologizing for or regretting your actions around your child, consider seeking help. You can call the Veteran’s Crisis Help Line at 800-273-8255 for help with any situation in your life.