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# How to Have Your Family Thriving Guaranteed

7 Simple Yet Powerful Strategies  
to Help Your Child's Behaviour  
Without Medication



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# **Chapter Four: Anger and Fatigue**

“Dealing with Anger and Fatigue”



Anger is a symptom that shows there is clearly an imbalance in you or your child's life. It shows itself when a person is either frustrated with a situation, or when a person has been emotionally; or to a lesser degree physically hurt. While it is okay to feel anger most of us express it inappropriately in that we lash out physically or verbally at others; or throw and break things that can never be fixed. In some cases we lash out at what we care about, which negativity impacted because we have to apologize for what has happened and hope that they forgive us afterwards. Anger against a loved one can damage a relationship beyond repair and can often lead to relationship break-ups.

So how do you express the built up anger without hurting those around you. The best way to deal with this is to find some inanimate object you can hit, in private. Maybe use the cushions on your couch.



You can hit these items, yell at them and tell them they can go for it until they have no anger left and now they won't do anybody else any harm – just inform others around you. Let the children know they can do it too if they are

supervised. By showing the children this technique at a peaceful time and letting them practice you are showing them a good tool they can use to help themselves. This is a great way to help you release you and your children tensions and without having to deal with any guilt or traumatizing people around you afterwards.



To help your children understand and cope with their anger and they will have some, you can show them the technique outlined above. But what is more important is to let your child know when it's ok and when it's not to release anger.

### **Lashing out in anger on the sport's field.**

As a Sports Trainer I witnessed first hand what can happen when anger is not being expressed appropriately. There was a case I treated of a young man in his late 20s who was playing football. He was angry because a younger 17-year old was stopping him from getting the ball. The older man was so angry that he ran at the young lad, who had the ball, hit him with his fist in the jaw and broke the young man's jaw in three places. After operations and complications the younger man was still never able to play his sport again. The 17-year old still has pain in his

neck and constant headaches and is still traumatized by the whole thing. The man that hit him has never said sorry or apologized in any way. It is cases like this that illustrate the problems that can occur when you don't help your teenagers learn how to deal with their anger constructively.

A friend of mine had **teenage sons** who had been physically abused as young children. When they hit teen years they started to get really angry and couldn't explain why. What my friend did was let them know that it was okay to be angry and that they could talk about it. But then when the anger comes out she used to encourage them to either go and chop up wood with an axe (the older one) or punch the punching bag they had in the garage (the younger one) until they felt better. By doing this they had an out. We all have anger at some time or another, and it is better, rather than ignoring it and having their anger cause problems in the family, to deal with it in a helpful manner that doesn't hurt anybody else.

This is a serious issue as the problem is increasing each year. I can't emphasize enough the importance of connection with your children; whether it is through massage and open communication. As a parent you cannot ignore the warning signs. I have highlighted a couple of pieces in the list given before to show you that these problems – can happen anywhere anytime, it can happen to any child particularly if they are quiet, shy and uncommunicative by nature.

Setting up a massage routine at home, or with a massage professional can be one way of helping a child find an alternative coping mechanism for their problems with stress and anger. It then helps the mind to find some peace and quiet; which enables the young person to find better solutions to their problems. And perhaps most importantly it helps you

as a parent to open channels of communication with your child so that they realize they can talk to you about their problems.

Fatigue can be another result of imbalance in your body's coping mechanisms and shows that this thing you or your child has in place is not working. You might be experiencing a tired and heavy feeling in your body; short temperedness, no motivation, not coping with demands asked of you; or simply wishing for sleep and not being able to sleep and you don't show any enthusiasm for activities you usually enjoy. Children can feel that way too, and will often not mention it, but if you see them isolating themselves from others then you know they are having a problem with their energy levels and probably could benefit from a massage to help them relax and open up to you about what is going on for them in their lives.

While of course the focus of this book has been mainly on the benefits of massage to help your family thrive, if you find yourself or any family member dealing with anger issues, or fatigue then there are other ways you can help yourself and your family. I mentioned earlier in this section about how one client of mine used diversion tactics to help her teenage boys cope with their anger issues. Getting your child to exert some energy in a constructive fashion is both effective and empowering for you both. But don't underestimate the importance of communication as well, between you and all family members.

Your children need to know that they can come to you if they do have problems. They don't necessarily need you to "fix it" but if they know they can share with you what is going on in their lives, then they will be more secure in themselves because of it. If you have a busy lifestyle make sure you schedule in one-on-one time with each of your children individually at least once a day. It might only be the five – ten minutes

you spend giving them a massage, for sore feet or an aching back, but make sure your child knows he can talk to you and that you will listen.

If you or other family members are suffering from symptoms of fatigue, Massage is the most effective tool you can use against these symptoms...

**It can literally be a life saver in your fight against stress, pain and fatigue.**

Remember the best gift you can give your thriving family is a healthy, happy YOU, so don't neglect your own health in favor of others.



The website [www.HelenBrougham.com.au](http://www.HelenBrougham.com.au) is here to support you and give you what you are looking for in different areas of your life. I'm so grateful to have you as one of our clients and one of our friends!

Enjoy!

Helen