

BRAINPOWER

YOUR BRAIN WHEN YOU'RE ANGRY



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CHAPTER 1

FEELING ANGRY

Can you think of a time you felt angry? Anger is an **emotion**. People can feel angry when they think they are treated unfairly, are **frustrated**, or are feeling **unappreciated**.





Your body may get **tense**.
You may **clench** your fists or
jaw. Your face may get red.



Your heart may beat faster.
You might breathe quicker.
You may have more **energy**.

Your vision becomes sharper.
Your attention **focuses**. Why?
These changes prepare your
body for a fight, flight, or
freeze response.

FIGHT, FLIGHT, OR FREEZE

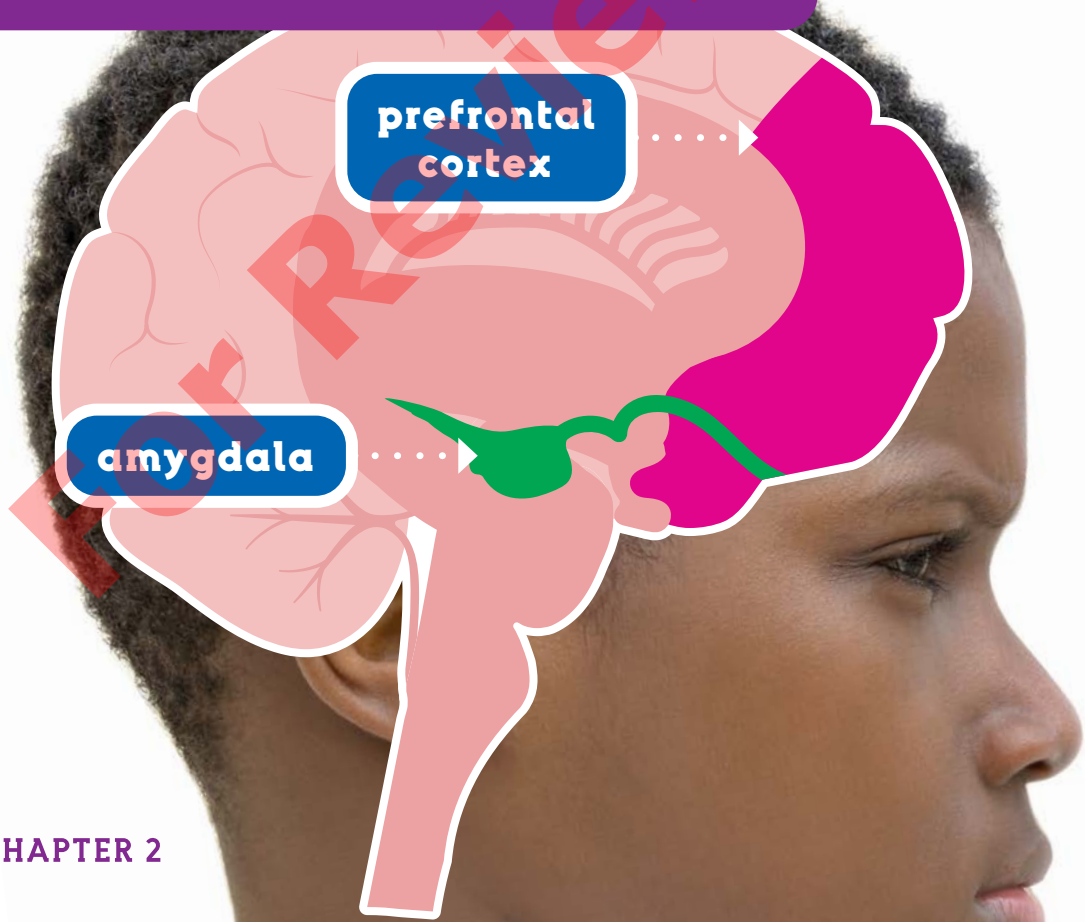
How does fight, flight, or freeze work?
If you are arguing with someone,
for example, your brain kicks into
action. It tells you to either keep
arguing (fight), run away (flight),
or do nothing (freeze).



CHAPTER 2

ANGER IN YOUR BRAIN

Your brain is like a control center for your emotions. When something makes you angry, it **triggers** a part of your brain called the amygdala.





Maybe you lost a soccer game.
Or maybe your teacher gave you
a lot of homework. These events can
cause the amygdala to go into action.