

Anger Hormones

Idea

Your body makes hormones to send messages to its different parts. When you get mad, these hormone messengers make your heart beat faster and your muscles tense up. These hormones are telling your heart and muscles how to act.

These hormones helped our ancestors react to emergencies. When they were in danger, these hormones helped them get ready to fight or run away to safety.

Today, hormones still send messages when we are angry. Sometimes, we feel like hitting someone or being mean. However, we don't have to do what our hormones tell us. If we take a deep breath and relax our muscles, we can tell our hormones to stop telling us what to do; we get to decide what we do.

Create a saying you can use to help you remember you are in charge and you do not have to react to anger. Make your saying into a small sign for your desk and write your saying in your journal.