



# Teen PHP

SESSION 3:

TRIGGERED! MANAGING ANGER & STRESS





## 2 Truths and a Lie?

**Share three statements about yourself—two truths and one lie. The group can ask three follow-up questions before guessing which statement is the lie by a show of hands.**

# Partner Check-In

**On a scale of 1-5, 1 being awful and 5 being amazing, how are you feeling today, and why?**

**Did any "Big Moments" happen since our last meeting?**



# Continued Practice

**Review the continued practice assignment from the previous session, sharing your responses with at least two other group members to give and receive feedback.**



# Whole-Group Consolidation

**Briefly  
discuss the  
main  
takeaways.**





# Reviewing Group Norms

**How does everyone feel we are doing with the group norms? Anything we need to add or change?**



# Session 3

TRIGGERED! MANAGING ANGER & STRESS

# Turn & Talk

**Do you feel like certain situations or people just drive you crazy?**

**Have you ever made a decision in the heat of the moment, only to regret it later?**


**Would you like to learn new tools to handle tough situations so that you keep control of yourself and the situation?**





# Objective

**I can identify my emotional triggers and demonstrate at least two helpful strategies to manage anger and stress.**



**The benefits? Less drama, fewer fights, and more respect from others because you're showing them—and yourself—that you're in charge of your emotions, not the other way around.**



**Break**





# Small Group Brainstorm

**Turn to Page 7 of the Workbook.**

**In small groups of 3-4, brainstorm all the things that trigger you into feelings of anger or stress. There will be a lot of examples, but you should jot down the ideas relevant to you.**

# Present



**Groups present their work for feedback.**

**Observers should note one positive aspect of what they saw and either a question or suggestion.**

# Triggers

**Triggers are the things that set off strong emotions in us, like anger, frustration, or stress. These can be words, actions, or situations that make us feel overwhelmed or out of control. Understanding what triggers your emotions is key to managing how you react. Some triggers might come from outside, like someone's comments or a stressful event, while others come from within, like our own thoughts or memories.**



# Common Triggers: Events

- **Academic stress:** Exams, tests, homework, presentations
- **Social pressures:** Peer pressure, bullying, rejection
- **Family conflicts:** Arguments, disagreements, changes in family dynamics
- **Relationship issues:** Breakups, romantic problems, friendships
- **Life transitions:** Moving, starting a new school, graduating
- **Traumatic events:** Accidents, violence, natural disasters



# Common Triggers: People

- **Negative peers: Friends or acquaintances who engage in risky behaviors**
- **Family members: Conflictual or abusive relationships with family members**
- **Teachers or authority figures: Strict or unsupportive teachers or coaches**
- **Bullies or harassers**
- **Strangers**



# Common Triggers: Places

- **Schools: Classrooms, hallways, cafeterias, bathrooms**
- **Home: Bedroom, living room, kitchen, bathroom**
- **Public places: Parks, malls, parties, social gatherings**
- **Specific locations: Places associated with traumatic events or negative experiences**





# Turn & Talk

## Concept Check

**If something is triggering for one person, does it mean it's a trigger for everyone?**

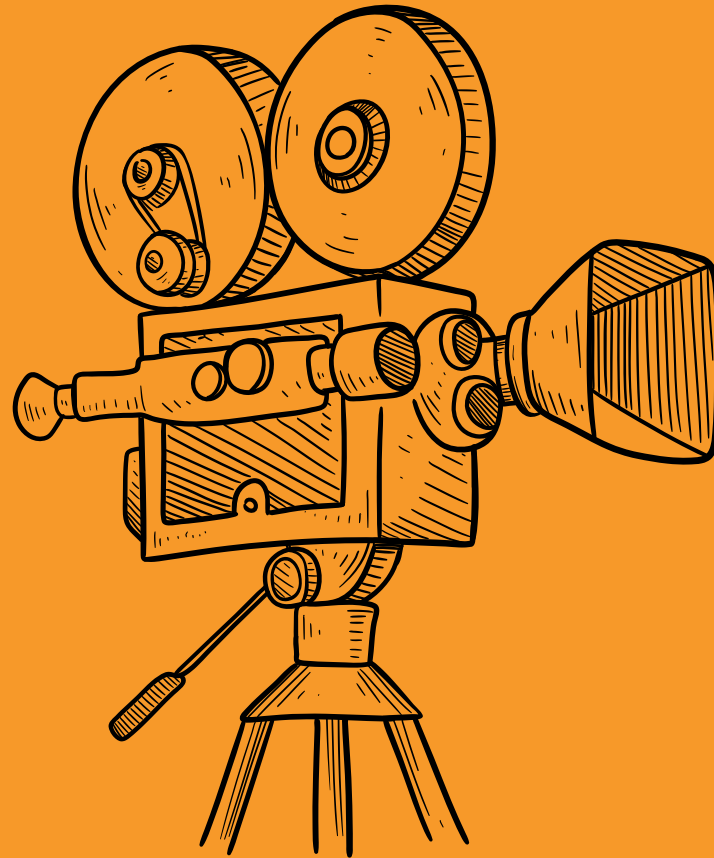
**Are there different levels (1-10) of how much something can trigger us?**

# Activity

**Either on your own or with a partner, return to Page 7 of the Workbook and assign a value from 1 - 10 on how much the things you wrote down drive you crazy.**



# The Science of Anger



Open the Video File



# Turn & Talk

**In pairs, discuss your responses to the video focus task and help each other fill in any gaps.**

**If you finish early, discuss what you liked and disliked and any questions you had about the video.**

# Consolidate

**Briefly discuss the main takeaways.**



# Anger

Anger can feel like a fire inside you, burning hot and fast when something or someone sets you off. It might make your heart race, your fists clench, and your thoughts blur with frustration or rage. You might want to yell, hit something, or storm away just to let out that intense feeling. But here's the thing—anger isn't always a bad thing. It can be a signal that something isn't right, like when you're being treated unfairly or something important to you is threatened. When you learn to control it instead of letting it control you, anger can help you stand up for yourself and fix the problems you're facing without making things worse.



# Anger: Physical Response

- Increased heart rate
- Rapid, shallow breathing
- Tightened muscles
- Clenching of teeth
- Feeling hot or flushed
- Trembling or shaking
- Sweating, even in cool environments
- Nausea or upset stomach
- Headaches or migraines
- Difficulty focusing or thinking clearly
- Sudden burst of energy or adrenaline



# Stress

**Stress can feel like a heavy weight pressing down on you, making it hard to think straight or relax. It can come from feeling overwhelmed by everything happening around you—school, friends, family, or even your own thoughts. Sometimes, stress can make your heart race, your muscles tense, and your mind go into overdrive, making you feel like there's too much to handle. But stress isn't always bad. It can motivate you to get things done, stay focused, and push through challenges. The key is learning how to manage stress before it takes over, so you can stay in control and use it to keep moving forward instead of feeling stuck.**



# Stress: Physical Response

- Increased heart rate
- Muscle tension, especially in the neck and shoulders
- Rapid or shallow breathing
- Difficulty sleeping or insomnia
- Upset stomach or digestive issues
- Difficulty concentrating or focusing
- Irritability or short temper
- Fatigue or constant tiredness
- Headaches or migraines



# Activity

As we go through the following slides, we will practice each of the coping strategies to help kick the crap out of anger and stress.

After each one, write down the key points and how it made you feel on Pages 7 - 8 of your Workbook.



# Deep Breathing

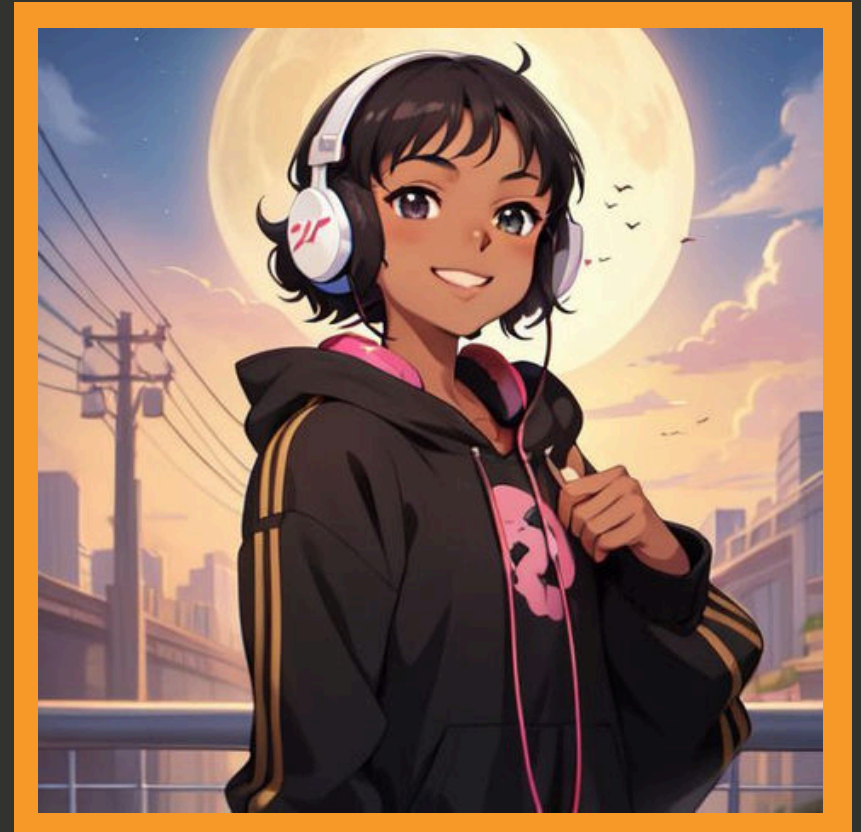
**Deep breathing is like hitting the reset button when you're about to lose it. It helps you slow down, clear your mind, and feel more in control, even when everything else feels chaotic. Focusing on your breath can calm the storm inside you, making it easier to think clearly and avoid doing something you might regret. It's a simple trick that can make a huge difference when you feel overwhelmed or ready to explode.**



**Science Says: Breathing helps activate the parasympathetic nervous system, which calms the body.**

# Positive Self-Talk

**Positive self-talk is like having your hype team in your head. Feeling down or doubting yourself helps you flip the script and focus on your strengths instead of your flaws. By talking to yourself kindly and encouragingly, you can boost your confidence and push through tough times. It's a powerful way to remind yourself that you've got what it takes, even when things get rough.**



**Science Says: Positive self-talk helps reshape cognitive patterns.**

# Physical Activity

**Physical activity is like an outlet for all your stress and anger. When you move your body, whether it's through sports, dancing, or even just walking, it helps release those pent-up emotions and clears your mind. It's a natural way to boost your mood and feel more energized, making it easier to handle whatever life throws at you. Plus, getting active can help you feel stronger and more confident, both mentally and physically.**



**Science Says: Physical activity releases endorphins, which improve mood.**

# Taking a Timeout

**This ain't no grade-school timeout! Taking a timeout is like giving yourself a break before things get out of control. When you step away from a situation that's making you angry or stressed, it gives you a chance to cool down and think clearly. This pause can help you avoid saying or doing something you might regret, letting you come back with a calmer mindset. It's a simple way to regain control and handle tough moments without making things worse.**



**Science Says: Taking a break allows your brain to process emotions before responding.**

# Journaling

**Journaling is like having your own secret space where you can spill all your thoughts and feelings without anyone judging you. When everything feels too much, drawing or writing it down can help you sort through the mess and figure out what's really going on. It's a way to get things off your chest, find some clarity, and maybe even come up with some answers. Plus, the more you write, the more you'll start to understand yourself and what you need to feel okay.**



**Science Says: Journaling helps process emotions and reduces their intensity.**

# Grounding Techniques

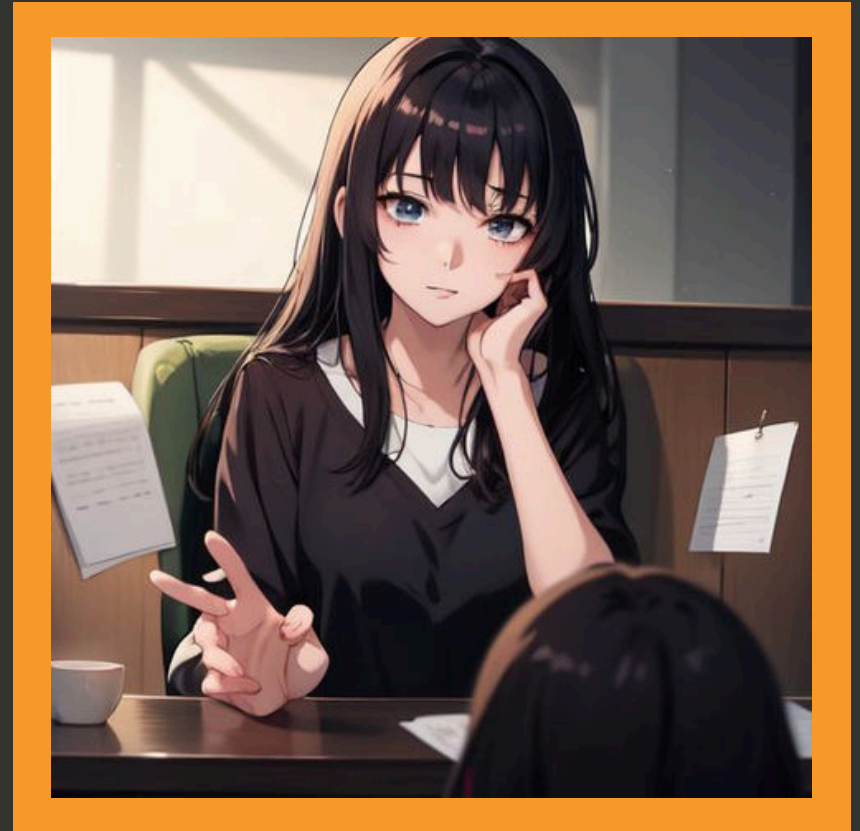
**Grounding techniques are like hitting the reset button when your mind is racing and you feel out of control. They help you calm down by focusing on what's around you in the present moment. Whether it's feeling the ground under your feet, noticing things you can see, or holding something solid, grounding helps you stop spiraling and feel more in control when everything feels overwhelming.**



**Science Says: Grounding techniques distract the mind from overwhelming emotions.**

# Talking to Someone You Trust

Opening up to a friend, family member, or therapist can help you feel like you're not dealing with everything on your own. It's easy to get stuck in your own head, but talking to someone you trust can give you a fresh perspective and make things seem less overwhelming. Even if they don't have all the answers, just having someone listen can make you feel supported and understood. Plus, they might help you see solutions or options you hadn't thought of yet.



**Science Says: Talking to others provides social support, which can reduce stress and help regulate emotions.**



# Turn & Talk

## Concept Check:

**How can using healthy coping mechanisms help you manage stress or anxiety in difficult situations?**

**Why is it important to have more than one coping mechanism to rely on?**

**What might happen if you use unhealthy coping mechanisms, like avoiding your problems or bottling up your feelings?**

**Can practicing coping skills regularly make it easier to handle unexpected challenges? Why or why not?**

# Whole-Group Consolidation

**Briefly  
discuss the  
main  
takeaways.**





**Break**



# Guided Practice:

**A teen finds out that their friends hung out without inviting them. This triggers feelings of hurt and exclusion, leading to anger and frustration. The teen might feel like they've been left out on purpose, questioning their friendships.**



# Guided Practice:

**1. Identify the triggers (e.g., feeling rejected, fear of losing friendships, self-doubt).**

**2. Identify the emotions (e.g., hurt, anger, sadness)**

**3. Come up with 2-3 strategies to handle the situation (e.g., calmly talking to their friends about how they feel, distracting themselves by engaging in a positive or physical activity, or practicing deep breathing to calm down).**



# Small Group Work



**Get into small groups of 3-5. Look at the scenarios on the following slides and work together to find solutions to the scenarios the teens face.**

# Scenario 1

**A teen is struggling with the urge to self-harm after a difficult day at school, where they felt overwhelmed and isolated. They retreat to their room, feeling the urge to cut as a way to cope with their emotions.**



**1. Identify the triggers.**

**2. Identify the emotions.**

**3. Come up with 2-3 strategies to handle the situation.**

# Scenario 2

**A teen comes home to find their parent drunk again, which triggers a mix of anger, frustration, and sadness. They feel hurt because their parent promised to stop drinking, and the situation makes them feel out of control and unsupported.**



**1. Identify the triggers.**

**2. Identify the emotions.**

**3. Come up with 2-3 strategies to handle the situation.**

# Scenario 3

A teen is arguing with their parents about curfew and feels like their parents don't trust them, despite believing they've been responsible. This triggers strong feelings of anger, stress, and frustration, making the teen feel misunderstood and treated unfairly.



# Scenario 4

**A teen overhears two friends gossiping about them behind their back, one of which repeats a rumor the “friend” knows isn’t true. This triggers feelings of hurt, betrayal, and anger, making the teen feel confused and unsure how to respond.**



# Whole-Group Consolidation

**Briefly  
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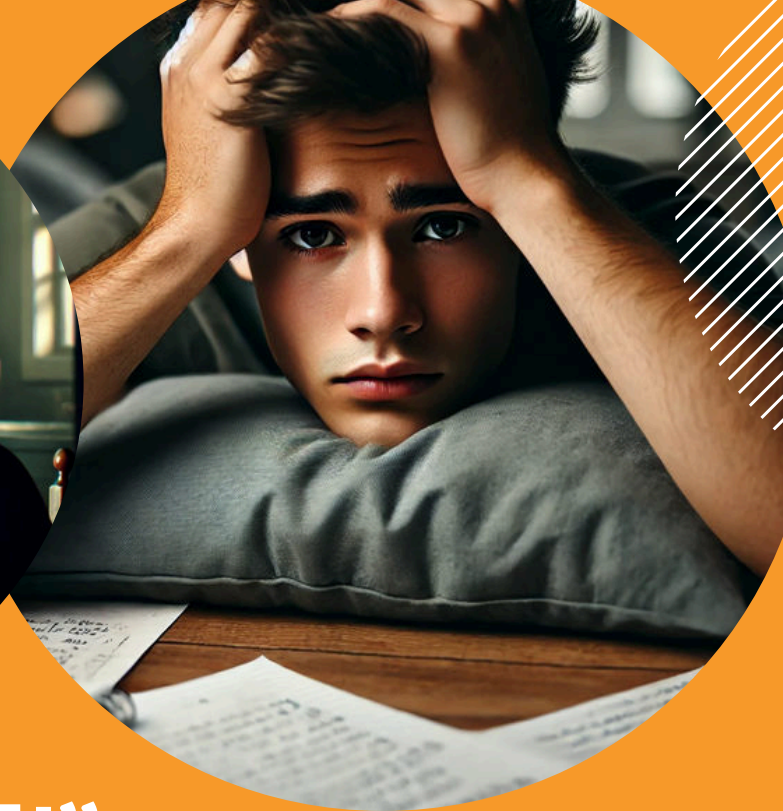




# Skill Practice 1

**"Practice is the key to success."  
- Malcolm X**





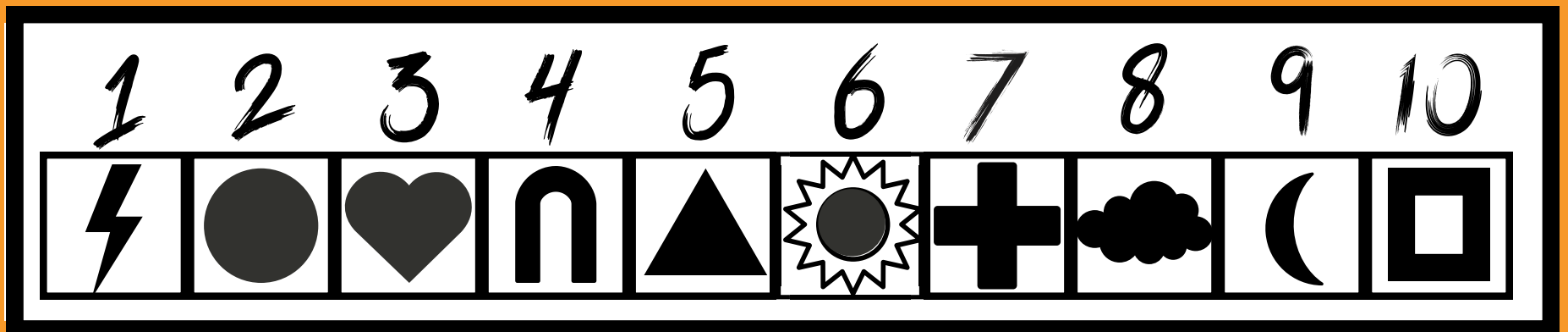
# “Triggered!”

**In small groups of 3-5, work to unscramble the story and write the symbols in the correct order on Page 8 of the Workbook.**

**Once done, work to identify the triggers for each character and strategies they could use to address their feelings.**



“Triggered!”



# Whole-Group Consolidation

**Briefly  
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**Break**





# Skill Practice 2

**"When you are not practicing, someone else is getting better." - Unknown**



# Task Card Mingle

- 1. Get into pairs and receive a Triggers and Stress Response Task Card.**
- 2. Partner 1 will read the card, and Partner 2 will identify the triggers and suggest 2 strategies the teen can use to respond.**
- 3. Once both partners have finished, switch cards and find a new partner.**
- 4. Repeat.**



# Whole-Group Consolidation

**Briefly  
discuss the  
main  
takeaways.**



# Creative Expression

Create a picture of your ideal future.





**Break**





# Flexible Time



# Mindfulness & Relaxation: Guided Imagery



# Wrap!

**01**

**Consolidate and summarize key session points.**

**02**

**Connection to Life. How will you use your knowledge and skill to better yourself?**

**03**

**Continued Practice: Page 8 of the Workbook.**

**04**

**Circle of Appreciation: What is one thing you appreciated about the session or another group member?**



# Thank You

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