

## Say Good-Bye to Anger and Set your Monster Free

Source: The Tree of Health Center, LLC

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NEWTON, N.J. -- *“In this new age of technology, children are spending all their time texting, chatting on Facebook, or playing games on various electronic devices. Because of this, children today are lacking the social and verbal communication skills needed to thrive in schools, at home, and eventually in the work place. They are having trouble expressing themselves, which leads to behavioral issues like uncontrolled anger, that prevents them from interacting with others in a positive way,”* The Tree of Health Center founder Linda Mitchell explains.

Everyone gets angry and it can even be a good thing if expressed in a healthy way. When kids feel that they are treated unfairly, anger can help them stand up for themselves. Keeping anger buried deep inside can cause headaches or stomachaches. It's not good to hide your anger, but how do you let it out without hurting yourself or others? Uncontrollable anger can lead to unhealthy behavior and ultimately be associated with bipolar disorder, oppositional disorder, or child antisocial behavior.

Believing that a child's uncontrollable anger is "just a phase" that he or she will eventually outgrow is to deny what could be a serious problem. Before uncontrollable angry behavior escalates to a point of no return, parents can confront it and get the professional help they need (<http://kidshealth.org/kid/feeling/emotion/anger.html#>).

Why wait until you are just as angry as your child? Right around the corner there is a place to come to Say Good-Bye to Anger-Tapping for Kids. This class will help your child recognize his or her anger and give you and your child very simple tools to use before the dragon roars. The two-session class will take place on Saturday, March 1st and 8th from 1–3 p.m. The cost for this series is \$50 on the day of the first session or \$45 if registering one week in advance. This fee includes one parent and one child.

Say Good-Bye to Anger- Tapping for Kids uses Emotional Freedom Techniques, a tapping procedure that gently realigns the body's energy system. These techniques offer mild desensitizing techniques to help release anger so you and your child can move forward in life. Clinically proven for positive results, Emotional Freedom Techniques quickly and permanently releases anger, stress and more.

Say Good-Bye to Anger- Tapping for Kids is taught by The Tree of Health Center's Debra M. Hollinrake. Debra is an Emotional Freedom Techniques Practitioner, trained and certified through the Association for the Advancement of Meridian Energy Techniques (AAMET). Under Debra's skillful guidance, you'll finally experience freedom from anger, stress, or trauma that has held you hostage for far too long.

To register or to get more information for Say Good-Bye to Anger- Tapping for Kids, please visit The Tree of Health Center website at [www.thetreeofhealthcenter.com](http://www.thetreeofhealthcenter.com), email [info@thetreeofhealthcenter.com](mailto:info@thetreeofhealthcenter.com) or call (973) 500-8813.

### About The Tree of Health Center

The Tree of Health Center is a health and wellness center dedicated to bridging the gap between all health care traditions, with a strong focus on noninvasive practices and prevention. Our team of unique health care specialists is passionate about health, growth & well-being. The Tree of Health Center is helping to create a sustainable future for the health and welfare of our community worldwide. Our team of teachers and practitioners listen and communicate with integrity. We are committed to sustaining unity in our values

and truthful compassion in helping others within a meaningful and safe environment filled with love, joy and healing. Visit <http://www.thetreeofhealthcenter.com> for current events, updates and to join the community.

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