



SAFE HARBOR @ HOME 2021

AGES: OLDER TEEN-ADULT

TOPIC

Managing Anger after Loss

GOAL

Dissipate the anger within and resolve tense moments through breathing and visualization

QUESTION

What could your body be trying to tell you? Is there a positive reason we have anger tension or anxiety in our bodies?

ACTIVITY

Breathing With Visualization

How many times have you heard, "You need to get that anger out or you will explode"? Most people equate that with yelling, breaking things, using a punching bag or other physically aggressive activities. There is a way to "get out" that anger inside of you while being gentle and kind to yourself, and those around you. Put on some relaxing music with no lyrics and try the following:

Step One:

Think about what is making you angry. Then, ask yourself, "Where in my body do I feel tension, anxiety, tiredness, irritability, pain, or heat". How fast is my heart rate? Take a moment to close your eyes and listen to what your body is telling you. Breathe normally as you listen. Listen for as long as it takes to truly feel and hear your body.

Step Two:

Make yourself comfortable, physically. Breathe deeply, in through your nose, hold it for a couple of seconds, and then breathe out very slowly through your mouth, almost like a sigh. Do this three times.

Step Three:

Now visualize. Continue the same breathing pattern. With each new breath, focus on an area of tension in your body. Or you can focus on an angry thought you have been having. Visualize this tension and/or thought leaving your body.

How is it leaving? Colors of light? Clouds? A train leaving the station? Angry animals leaving your body? Use any image that works for you.

Continue this until only comfort and calm remains.

