

7 techniques for Controlling Anger

Follow these steps to avoid harmful situations

MAY ALL LIVING THINGS BE HAPPY,
HEALTHY AND FREE FROM ALL PAIN.

MAY ALL LIVING THINGS BE HAPPY,
HEALTHY AND FREE FROM ALL PAIN.

MAY ALL LIVING THINGS BE HAPPY,
HEALTHY AND FREE FROM ALL PAIN.

Balloon Breathing Meditation

Imagine you are going to blow up a balloon. Take a big breath in and then breathe out slowly. Do this five times until your 'balloon' is full. Then imagine you have let the balloon zip away and lose all its air. Imagine that it is you letting go of all your angry feelings.



Five mindful breaths

This is when you take a slow breath in, and let a slow breath out and then do this four more times.



Walking meditation

This is when you mindfully walk around the room, or the yard to get yourself calmed down.



Chant first

Say the following sentence three times in your head: May all living things be happy, healthy and free from all pain. Then tell yourself to calm down. Then you choose what to do.



Temple of peace

This is when you find a safe or quiet place to be for a while so you can calm yourself down. This might be a bench in the playground or the corner of your bedroom...it's your temple of peace.



Hands in Worship position

Press your hands together tightly in a worship position. This is a good way to remind yourself you are not going to hit anyone.



glass of water

This is when you take a slow drink of water to help you gain control of yourself, your mouth and what you will say.