

## Yoga Week 25: Yoga for Anger

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### **What is Anger?**

Anger is an emotion of low frequency

It is related to the fight, flight, or freeze response, when something has gone wrong, or someone has wronged you.

The words used to define the opposite of anger is "delight, calmness, pleasure, peace"

### **What is going on inside our body when we're angry?**

When we experience low frequency emotions (this is normal and part of our nature) we tend to hurt ourselves more than the person we are angry at. Think of it like a poisonous fire, whether it's something small and irrational or something long-standing within us from years of trauma, anger builds as a raging fire. It affects both the physical and mental aspects of ourselves as well as can hurt those around us. The best thing you can do when you're angry is tune inward and locate the parts of your body that your anger is stored in. We could physically feel warm or turn red. Where is the most redness & warmth on you when you're upset? The second thing after you locate it in your body, is to release it!

### **Learning to act and not react**

Whenever we're sad or angry we should allow that emotion to be present. It is OK to not always feel calm and serene. When we feel the need to cry, we should allow ourselves to do what our body is naturally trying to do. Maybe you're enraged by someone. If so, put your head into a pillow and scream, write that person a letter, go for a long walk and role play with yourself what is it that is making you so angry. Let these emotions play out in a way that is safe for you and for others.

Life will not always promise people to not betray, lie, or abuse you, but the way you stand up for yourself and act on your emotions, which will allow you to handle the stressors in a way that will let you live a more comfortable life.

### **Look at anger in a positive light**

It can allow you to fully express yourself, explore your feelings, and motivate you to find solutions.

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### WHAT TO DO WHEN YOU'RE ANGRY:

#### Drink water & stay hydrated

Anger is like fire & we put fire out with water. Drinking a cool cup of water while you're in a high anger state can literally put "the fire" out in your mind. Maybe adding a lemon, fruit, or cucumber will help enhance the flavor, allowing you to drink a large cup!

#### Eat foods rich in complex carbohydrates & healthy vitamins & mineral's

Ever heard of being Hangry? Maybe you've skipped a meal or have been eating food with no density or nutrients (aka empty calories). Maybe you only lashed out on a friend because of the lack of food you're consuming. It is known that eating food that provides the brain serotonin can enhance the mood. Some examples of healthy complex carbs include grains such as rice, barley, oats. Foods rich in certain vitamins that help the brain include most fruits and vegetables as well as nuts, seeds, and avocados.

#### Repeating positive affirmations

- I can express my anger in a respectful way
- Each time I release the anger in my heart, I regain space for peace
- I am free of anger, hatred, and discontent
- I clear all the ways I feel guilty about my anger

### POSES TO RELEASE ANGER

#### Breath of Fire

- Sitting in a butterfly pose or sitting back on our heels, open the chest and position yourself in your best posture.
- Place hands on your thighs or arms up overhead.
- Take a deep inhale through your nose then exhale quickly through your nose as if you were to blow your nose into a tissue.
- Blow through your nose quickly and repeat about 20-30x without stopping, keeping your mouth closed.

#### Hand Exercise Part One

- Start by bringing the arms up over your head.
- Bring the top of your fingertips to meet the inner palms and then quickly back out.
- Continue touching fingertips to pads of the hand back and forth while moving the arms downwards and upwards.
- Repeat this about 15-30x

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### Hand Exercise Part Two

- Start by bringing the arms over your head. Fingertips are pointing up at the ceiling.
- Pretend there is water on your hands and flick your fingers downward hands downward like you're drying off your hands.
- Continue to flick fingers downward like you're letting all the negative energy release through your fingertips onto the ground below.
- Repeat this about 15-30x

### Boat Pose

- Sit on the floor with legs straight in front of you.
- Place hands on the floor besides your hips.
- Lift through your chest and start leaning back, curving your spine.
- Balance your weight on your tailbone as you lift your legs off, activating your abdominal area.
- Take big inhales and exhales while you remain in boat pose.
- Bring your arms out forward in front of you, parallel to the floor.
- Point or toes, let your fears go and remain in this pose for about 20 seconds.

### Banana Pose

- Lay down on your back and settle into the ground.
- Place your arms up overhead and grab the opposite elbows.
- Start moving the hips slightly to the right, then start shifting chest to the left.
- Slightly bring the legs to follow with the chest, as your whole body begins to create the shape of a banana.
- Hold for about 20-30 seconds and repeat on the other side.

### Half Happy Baby Pose

- Lay down on your back and settle into the ground.
- Begin with legs on the floor. Bring the right knee up and hug your right knee into your chest, then open the right knee to the outside of your body.
- With your right hand, try to grab either the outside or inside of your right foot. You could also grab your right big toe.
- Bring the right elbow inside of the right knee, while keeping your shoulders on the ground. Remain in this pose as you stretch your right side.
- Repeat on your left side. Hold for about 20-30 seconds.

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### Three-legged Dog Kicks

- Start by bringing yourself into a downward dog position.
- Lift your right leg up behind you towards the sky, strengthening and lengthening the leg above your body.
- Balancing on your hands and left leg, start by swinging the right leg up and down, almost in a kick-like fashion.
- Raise and lower the leg about 10-15 times and repeat with the left leg.

### Swimming Pool Squat Pose

- Start by getting in the lowest squat possible.
- Bring your hands to meet the ground.
- Take a slow, deep inhale and bring your body up while your hands rise over your head like you're under water and pushing yourself off the shallow end up a pool.
- Create resistance with yourself, as if you're pushing your arms through water.
- Repeat this about 10-20 times. Have fun with this pose!

### Cooling Breath (Straw Breathing)

- Take a big inhale through your nose and out through your mouth.
- Exhale fully like you are exhaling into a straw. Exhale all the air out of your lungs.
- Inhale normally through your nose, then exhale again through your straw.
- Repeat this about 5-10 times.

Inner peace begins the moment you choose not to allow another person or event to control your emotions

- Pema Chodron

