

# Progressive Muscle Relaxation

First, starting with your feet, tense your muscles slowly while taking a deep slow breath through your nose.

Hold both your muscles and breath for 5 seconds, and then breath slowly out through your mouth while releasing the muscle tension in your feet.

Now, repeat, but with a different body part working your way up to the head.

Try focusing on key spots of tension like neck, jaw, and legs.

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## Positive Affirmations for Anger

1. I am in control.
2. I am calm, focused, and relaxed.
3. I have a power to regulate my emotions.
4. Controlling my anger comes naturally to me.
5. I find it easy to calm myself down and relax.
6. I owe it to myself to manage my anger.
7. Staying relaxed is becoming easier.
8. Diffusing anger is easy for me.
9. I will control myself.
10. I can feel my anger and still stay in control.

# 4-7-8 BREATHING

1. Lay or sit with one hand on your chest and another on your belly.
2. Take a deep slow breath from your belly, counting to 4 as you breath in.
3. Hold your breath while mentally counting 1 to 7.
4. Release your breath completely and slowly, while silently counting 1 to 8.
5. Repeat 3 to 7 times or until you feel calm.