



'COOL IT BREATHE'

We all get angry sometimes. It's part of human nature and sometimes this strong feeling can come from nowhere and it's difficult to know what to do with this feeling when you experience it in the body. Where do you feel anger in your body? You may notice you feel your anger in your jaw, belly or sometimes you can feel it within your whole body. Next time you are feeling angry or frustrated, and it's completely OK to feel this way, here's a great breath exercise to help you release this anger without acting angry. You should notice you are feeling lighter in just a few rounds but the longer you can practice for the better you can feel.

Benefits of this exercise include:

- Calms the nervous system
- Releases anger and stress.
- Relaxes the mind
- Transforms negative feelings

Breathe...

Firstly, sit tall with your spine extended, have the chin slightly raised and gently draw the shoulder blades together so the chest has a slight lift. Eyes can be closed. Make sure there is space between top teeth and bottom teeth.

- You will be inhaling through the nose for 3 strokes (3 sniffs)
- Exhale fully through the nose in one deep long powerful breath.
- It looks like this:
- Sniff.sniff.sniff
- Powerful exhale through the nose
- Lets try it again together now
- Inhale for 3 sniffs. Sniff.Sniff.Sniff (through the nose)
- Exhale fully through the nose in one deep long powerful breath.
- Inhale for 3 sniffs, through the nose...repeat this pattern for a few more rounds minute

Have a bit more time?

Extra Breaths: To close this exercise:

- Inhale deeply, hold the breath 3 counts, 1..2...3...and exhale.
- Let's practice together now with some movement
- Inhale deeply, hold the breath 3, counts 1...2...3... and lift your shoulders to your ears. Exhale powerfully through the nose as you drop and relax the shoulders down.
- Inhale deeply, lift your shoulders to your ears. Now hold the breath 3 counts, and breathe out as you drop and relax the shoulders down.
- Notice how you feel? Lighter? Less angry? Calmer?



*"Do not teach your children never to be angry.
Teach them how to be angry"
- Lyman Abbott*