



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Anger Management

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We have all experienced **anger** at some point in our lives. Occasional anger is **natural and normal**.

Not being able to **control your anger** can have a detrimental effect on your life if it gets out of hand. While it may be **natural and normal** to get angry every now and then, it is not normal to feel angry all of the time.

If you have difficulty **managing your anger** you may feel constantly irritated, stressed, anxious, or regretful for your actions. Anger is a **normal human emotion** but when it gets out of control, it can be very destructive.

If you have problems with **anger management** you may notice your anger is impacting your everyday life.

Excessive anger can lead to **big problems** both personally and professionally and it can devastate those you love by destroying trust and rapport.

Anger can be a very **difficult emotion** to control, but it can be managed utilizing **Mindfulness Practice**.

Releasing your anger can be very **cathartic**.

You must seek a **balance and a truce** with your anger. You must learn to **acknowledge it** then take steps to release it.

Anger does not have to be a part of who you are any longer. **You** can do this. You can learn to **calmly express** your anger. You can **learn from your anger**. You can learn to **respond** rather than react in a hostile way.

You can **move beyond your anger. It is possible**. In the heat of the moment it's easy to get **carried away**. You can learn to state your concerns **clearly and directly**, without getting caught up in them.

You can use humor to **release tension** and practice relaxation skills to work through temper flares.

You can do this and you are **more than ready**.



So if you are ready, let's **begin that process**. Gently close your eyes and relax.

Start to focus on your **breath. Breathe slowly and deeply**. As you breathe in, feel the **breath flowing** in and out - calming you. Take another deep breath in and **relax**.

Breathing in through your nose and **slowly exhaling** through your mouth; feel yourself sinking **deeper and deeper** letting go of all distractions and thoughts.