

ANGER RELEASE

10 SOMATIC TOOLS



1) TAP

Cross your arms over your front and begin to alternately tap your hands on your collar bones or shoulders like a slow steady heartbeat. Breathe slowly here & close your eyes if that feels okay.

2) ISOMETRIC MUSCLE RELAXATION

Inhale and hold your breath while you squeeze your hands together; hold tight for 7 seconds then release your grip & exhale. You can do the same with the muscles in your face/jaw, legs, feet and so on.

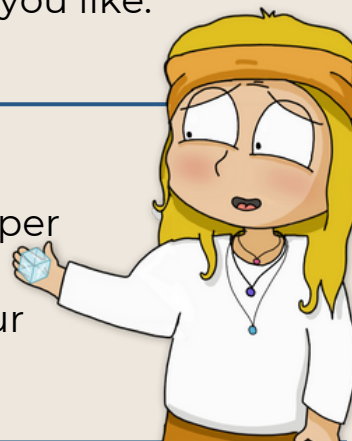


3) PILLOW THROWS

Pick up a pillow & squeeze it with all your might. You can scream into it too! Then throw it down hard onto the ground. Repeat as many times as you like.

4) ICE

Hold an ice cube in your hand or run it along your wrists, upper lip, forehead & the back of your neck. You can also hold it in your mouth. The cold helps ground you & calm your sympathetic nervous system response.

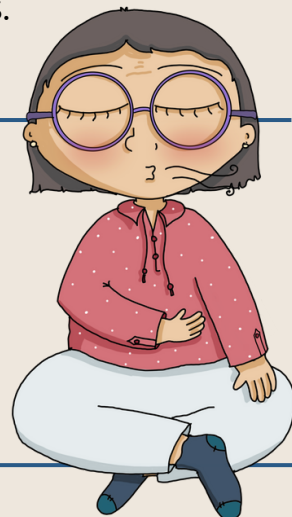


5) HEEL THUDS

Rise up onto the balls of your feet then allow yourself to drop down, thudding onto your heels. Feel into the sensations created in your legs and pelvis.

6) 5 RIB BREATHS

Place one or both hands on the sides of your ribs and take 5 slow deep breaths, focusing on the sensation of your side-ribs expanding and pressing into your hands.



7) FEEL INTO THE BODY

Pause & feel into your body. Where is the anger showing up? What colour is it? How big is it? What shape is it? Ask your body how it wants to move to express this feeling, rather than bottling it. If this part of you could talk, what would it say?

8) SOMATIC ACCEPTANCE

Sit with your anger, breathing into it. Imagine each breath fills and wraps around the feeling of anger. Say "you are welcome here". Stay with this and witness it change and any other emotions that arise without judgement or resistance.



9) WALL PUSH

Push into a wall for 15-30 seconds allowing yourself to feel into the muscle tension. You can imagine yourself pushing back against anything you don't want, or setting a boundary. Then relax and come to a seat to gently breathe into your belly.



10) SWAY & CALM

Either standing or seated begin to gently sway side to side. Allow your arms to float and move with you or bring your hands to rest on your heart and belly.

