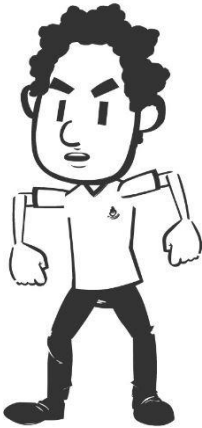




## WORK SHEET – EXERCISE 3D

### Shake off your anger!

Here's a little shaking and breathing exercise you can do every time you feel unjustly accused, or you feel frustrated because you didn't get exactly what you wanted, or when you're a bit annoyed, or when you think you're in the right, or when you're trapped inside your head, or when you feel the anger rising up inside you...



1. Stand up straight, your arms alongside your body. Feel the energy in you, feel how strong it is. Clench your fists tightly and contract your muscles.
2. Breathe in deeply by inflating your chest and your stomach. Hold your breath and count to three before breathing out. Breathe forcefully, make a growling noise ("grrrrr" ... for example) and relax your muscles.
3. Throw your arms towards the ground back and forth several times whilst also shaking them, as if you had ants on your arms and you wanted to get rid of them. Continue swinging your arms back and forth whilst shaking them. You're throwing your anger on the floor.
4. Be aware of your breathing, your in- and exhalation, during this exercise..

5. Then swing one of your legs to the right side and then to the left. Repeat. Back and forth. You have ants at the end of your toes and they're swinging. Then do the other leg. Then subtly move your foot. You have ants at the end of your toes and you want to shake them off as well. Now there's just a little bit of irritation left to shake off...
6. Always stay aware of your breathing; the air comes in and the air goes out again.
7. Calm yourself again, place your feet on the ground, your heels and toes solidly on the floor, breathe deeply and calmly...
8. How do you feel? Be aware of everything that's happening in your body, all your senses opening up. How is it? Do you feel relieved?
9. You're now ready to carry on.

