



Grounding Through Anger

When emotions collide with nowhere to go.

Anger is a natural response to perceived threats, stress or unmet expectations. When those emotions have nowhere else to turn, they can build in both the body and mind. This practice can help release some of the physical intensity, giving your mind a little more space.

BREATH

Take a Breath

Your face and jaw are common areas of tension for anger. A lion's breath can help ease facial and jaw tension while also boosting vocal confidence.

- Sit cross-legged on the floor or sit tall in a chair.
- Press your palms against your knees and spread your fingers wide.
- Take a long, deep breath in through your nose. Open your mouth wide, stretch your tongue toward your chin, and look toward the tip of your nose.
- Exhale hard through your mouth while making a clear "ha" sound from your belly.
- Relax your face and breathe normally for a moment. Repeat the cycle 3 to 5 times.

PHYSICAL SENSATIONS

Notice Your Body

Anger also gathers in the hands, shoulders and chest. Mushti Mudra, or the Fist Gesture, gives that energy a place to be held intentionally rather than unconsciously.

- Sit comfortably with both feet on the floor.
- Curl your fingers into a gentle fist, resting your thumb across the outside of your ring finger, applying a light, steady pressure.
- Rest your hands on your thighs with your palms facing upward.
- Breathe naturally for 1 to 3 minutes.

As you finish, notice where your body feels softer, or where it still feels like it's working hard.

BODY ACTION

Reconnect Through Movement

Strong emotions often prepare the body to act. This wall exercise gives your muscles something safe to push against while your nervous system begins to settle. Repeat the exercise 3 to 5 times.

- Stand facing a wall with your feet about shoulder-width apart.
- Place both palms flat against the wall at chest height.
- Lean forward and press firmly into the wall as though you are trying to move it.
- Continue pressing for 15 to 20 seconds while breathing steadily.
- Slowly release the pressure and notice the difference in your shoulders, chest and hands.

INNER DIALOGUE

Be Kind to Yourself

Read these words out loud. Repeat them three times, allowing each reading to create a little more space before you react.

I don't have to react immediately.

I can pause before I act.

I respond with intention.

MIND AND BODY TOGETHER

Spend Two Minutes Here

Sit quietly for two minutes. Notice whether your breathing, muscles or thoughts feel different from when you began. Anger doesn't have to disappear before you move forward. Sometimes creating even a little more space between the feeling and your response is enough to help you choose your next step with greater intention.



PRESENCE & PASSAGE

Grounding Guides

REFLECTION

Notes

Use this page for whatever feels helpful to capture after the grounding exercise. It might be something you noticed, how you're feeling now, a question that came up, or something you'd like to return to later. There are no right or wrong answers—only what feels true for you in this moment.