

Why This Matters

Anger like other emotions, is normal, but how you express it makes all the difference. Allah created us with the capacity to manage our anger in a way that it can be used for benefit (eg to address injustice) and we are able to refrain from using it for harm (eg verbally abusing someone).

Tips to Stay in Control

- 💥 Recognise your bodily signs (heart racing, fists clenching, yelling, shallow breathing)
- 👐 Take 10 deep breaths from your belly before speaking
- 🚶 Walk away to cool off if needed
- 📝 Write down your feelings instead of exploding
- 🏃 Run on the spot very fast for a minute or perform star jumps to release the body's negative energy. Rest for 20 seconds and then repeat this exercise again.

Islamic Reminder

The Prophet ﷺ said: "The strong one is not the one who defeats others by strength, but the one who controls himself while in anger" (Bukhari)

Need to talk? Speak with your school counsellor, wellbeing team, or teacher.