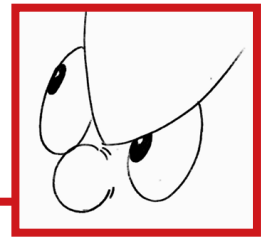




The Enemies of Man

ANGER



Anger is a terrible enemy for all humans! It eats up your smiles and steals your happiness. When we fall prey to it our eyes get red, our mouth crooked, our eyebrows frightening, and waves of fire rise up our stomach like a volcano in eruption! What's for sure is that anger means danger! Its energy can hurt. It uses our tongue, eyes, hands and thoughts to do so. It can ruin good friendships and even spoil the joy cherished deep within our heart. When anger takes hold of us we fight and raise our voices!



What happens when we get angry? Our blood flows more quickly than it should, and our pulse, breathing and blood pressure are all effected by it. Our muscles become tense and we become increasingly nervous. Getting angry starts with a negative thought that triggers a chemical reaction throughout the body, flooding us with poisonous toxins. When our mind becomes agitated, our breathing rhythm changes, and our vision blurs! We need to learn how to recognize the signs of anger before it's too late, and keep it at bay.

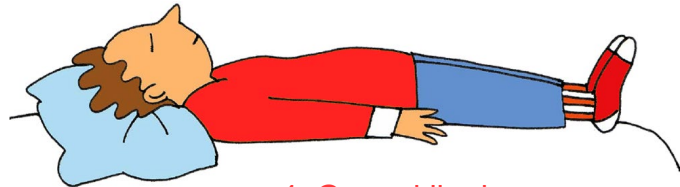
5 TIPS TO HELP YOU CALM YOUR ANGER

1. Sit down and focus on your breathing. This will help you recover its natural rhythm.

2. Look at yourself in the mirror.



3. Drink a glass of cold water.



4. Go and lie down.

EXPRESS YOUR FEELINGS

Once you calm down, remember that talking about how we feel helps us get over bad feelings when they arise within us. Sometimes this is how we clarify misunderstandings! Keeping our resentment and anger inside can make things worse! But we need to express these feelings without hurting anyone or ourselves!

*"I was angry with my friend.
I told him and my anger ended.
I was angry with my enemy.
I didn't tell him, and my anger grew."*

William Blake

5. Leave the room and the bad vibrations behind!

