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One Simple Thing To Do When You're Angry, Worried or Sad – And It's Quick

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Have you ever tried to 'snap out' of a mood, 'ignore' a feeling, or 'just think or feel happy' when you're not? Or maybe someone has suggested you do one of these three things. If so, you'll know that it's difficult because we're human beings, and our brains tend to get 'hooked' on negativity or continually thinking how angry, worried or sad we are. So what can you do? Many people have found that one quick technique can help them re-focus their thoughts and feelings, and in-turn detach from their anger, worry or sadness.

So what are these quick techniques that take only 5 – 10 minutes?

They're **short mindfulness meditation practices** that can be done almost anywhere, at almost anytime. And while it may seem the absolute opposite of what you'd like to do (i.e., I'd rather yell and scream, or cry and hide than take time out and meditate), or maybe you think that you need to be calm and centred to meditate ... my challenge to you is to try these techniques for at least two weeks before you make up your mind whether they 'work', or don't.

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'Diffusing From Anger' Meditation : for Angry Moments

What to do:

1. Sit or lie comfortably and close your eyes.
2. Take a deep breath in, concentrating on filling up all of your lungs, and pausing briefly at the top of your in-breath.
3. Then slowly breathe out, concentrating on emptying your lungs out as much as you can, and pausing for a second or two on your out-breath.
4. On your next breath, breathe as deeply as you can (again pausing at the top of your in-breath and at the end of your out-breath) and visualize yourself in the shoes of the person who you're angry at. While you're breathing, try to understand their perspective. And remind yourself that they're doing the best they can. Focus on what you can learn, rather than who or what you're angry at.
5. Do this for at least three minutes, and continue your deep breathing.
6. When you're ready, slowly open your eyes.
7. Repeat if needed.

'Centring Meditation' : for Anxiousness, Worry or Racing Thoughts

What to do:

1. Sit or lie comfortably and close your eyes.
2. Take three deep breaths, concentrating on filling up and then emptying all of your lungs with each breath.
3. Try not to stop your mind from racing, or the opposite might happen ... it might speed up.
4. Begin noticing everything you can about the present moment: concentrate on GENTLY noticing what you are feeling, what you are hearing, what you are smelling, what you are touching, and what you are tasting. Notice the different sensations without judging them.
5. Now SLOWLY work your way up your body – starting at your toes and going all the way up to your head, and tuning in to every part of your body along the way. Again, notice the different sensations without judging them.
6. Take three deep breaths, again concentrating on filling up and then emptying all of your lungs with each breath.
7. When you're ready, slowly open your eyes.
8. From this more relaxed and gentle space, think back to whatever made you feel

anxious, worried, or made your thoughts race – and see if you can notice what you're thinking, feeling and sensing – without judging any of these observations as 'good' or 'bad'. Hopefully now you will feel some space or distance from your anxiousness, worry or racing thoughts.

9. Repeat if you feel your anxiety, worry or thoughts increasing.

'Blues Shaker' Meditation : for Sadness, Heartbreak, or Disappointment

What to do:

1. Sit or lie comfortably with your eyes closed.
2. Take three deep breaths, concentrating on filling up and then emptying all of your lungs with each breath.
3. Place your awareness and just notice your heart area. Notice what sensations you can feel.
4. Breathe in deeply and notice your breath travelling from your head to your heart.
5. Then breathe out deeply and notice your breath travelling from your heart to your head.
6. While you're breathing in and out and noticing the breath loop from your head to your heart and back again, remind yourself of who you truly are – beyond your ego; beyond your physical body; beyond your thoughts, feelings and behaviours; beyond your conditioning; and beyond your life circumstances.
7. Remember – you are whole, you are complete, you are enough, and you are doing the best you can right now. Repeat this while breathing deeply.
8. When you're ready, slowly open your eyes.
9. Repeat as needed.

However, if these strategies aren't enough, and anger, worry or sadness are still affecting your life negatively, seeking professional assistance could be useful.

If you would like help in managing your thoughts, feelings or behaviours, please contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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