



7 DAYS to a *less* **ANGRY MOM**

A woman with blonde hair is lying on a hammock, reading a book. She is wearing a light-colored top and a dark net hammock. The background is a blurred green outdoor setting. The text 'DAY 3:' is overlaid in large white letters on the right side of the image.

DAY 3:

ESTABLISHING

“OFFENSIVE” STRATEGIES

DAY 3 VIDEO NOTES

It's much easier to instill ongoing strategies for calm than to

We've made habits that have short-changed or crippled our sense of calm.

We're throwing out _____ thinking and taking _____ to a more calm way of life.

3 Parts to Calm:

- 1) Regular _____ that establish calm.
- 2) Pre-determined mental _____ about what will make us angry.
- 3) Regular release of the emotions.

What are 3 ways to release the emotions?

- 1) Letting go of our right to _____
- 2) Letting go of our right to _____
- 3) Relinquishing our _____

DAY 3 HOMEWORK

Thoughts to Consider:

What habits or regular activities keep you from having more calm in your life?

What mental attitudes or ongoing thoughts keep you pushing yourself so that calm keeps getting pushed off the to-do list?

How can you reframe those attitudes and thoughts to have a more healthy, calm, realistic focus?

How would it feel if you had a firm, solid foundation of calm in your life? Describe the emotions you'd feel.

Without thinking too deeply about it, what activities bring your calm and rest? How are you best replenished?

When you consider some of your habitual anger triggers, ask yourself, "Are you willing to "release" the emotions behind the trigger (your "right" to a perfect life; your "right" for an immediate fix; and your "right" to understand it)?" Explain.

What was your biggest takeaway from the video of Day 3?

MENTAL PERMISSIONS: REFRAMING OUR HABITUAL ANGER TRIGGERS

For our purposes in this course, giving "mental permission" simply means that we accept that this trigger is not going away anytime soon, and because of this fact, we choose to prepare ourselves to respond differently when that situation comes up again.

We aren't saying that the situation is right or that it's "solved," but instead we're stating that we're tired of that anger trigger hijacking our day and turning our mental and emotional energies toward an angry mindset.

We're simply giving up our right to respond in anger, knowing that the anger hasn't (and won't) solve the situation. Giving mental permissions is bringing the choice and control of our emotions back into our own hands.

Fill out the chart below, writing in the appropriate answers for your top 7-9 anger triggers.

There are no right or wrong answers here. I also want to free you from coming up with the "perfect response" to the anger trigger. Put down some ideas (several if you can) and experiment to see which works. Don't get stuck here because you're afraid of coming up with something that won't work. Just put something down and try it! I've given you two pages of this

| Anger Trigger | What I Will Accept About This Anger Trigger | Reason Why I'm Giving Up My Right to Be Angry | Planned Response the Next Time the Trigger Happens |
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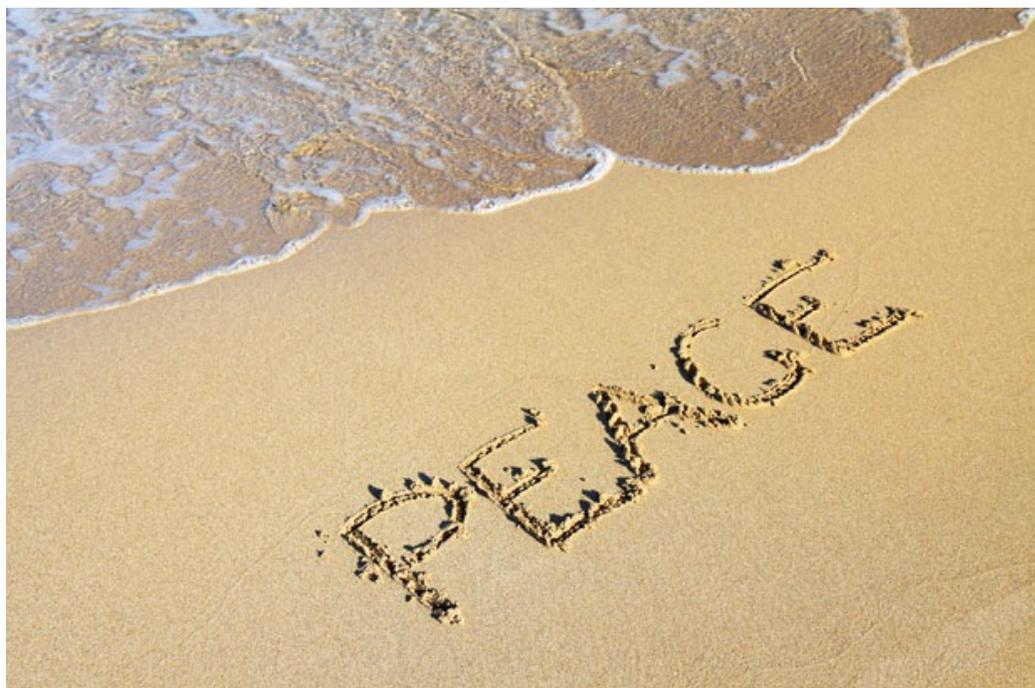
TOOL BOX: SIMPLE WAYS TO TURN ON THE CALM

Here is a list of some of my favorite ways to invite calm into the day.

These can be used as part of a regular “offensive strategy” against anger; or they can be used in the moment as you feel anger levels rising. I use them all at different times.

It really depends on what’s available to me in the moment (sometimes you just can’t stop and do a yoga pose!).

There are several options here, so experiment and discover which work best for you.



Calming Yoga Postures:

Standing Forward Bend. I use this [pose](#) to reset my mind, and to release tension in my back, hips and neck. Once in the pose, I like to grab opposite elbows and slowly sway side to side. Stay in the pose for a minute or so, or as long as feels comfortable.

Child pose. When I’m in this [pose](#), I feel safe and comfortable. Biologically speaking, the Child Pose calms the nervous system, stretches the back and increases circulation. This is a wonderful pose to end the day or as a way to bring instant calm into a moment.

Breathing Exercise and Calm Holds*:

The Long Exhale. This is my go-to defensive strategy, especially if I feel quickly provoked to anger. Inhale through your nose to the count of 4, exhale through your mouth to the count of 8. Repeat 4-5 times. Be sure to exhale twice as long as you inhale for the full benefit of the exercise.

The Calm Holds. Either of these are great to do at the same time as the “Long Exhale” exercise (above).

Calm Hold 1: Cup your forehead with one hand and the nape of your neck with the other and hold for 30 seconds, squeezing your head as if you were pushing them towards each other.

Calm Hold 2: Put your thumbs at your temples, and the pads of your fingers at the center of your forehead. Count to 30 while taking slow, deep breaths with long exhales. If it helps, you can massage your temples with your thumbs as well.

Other Helpful Calming Techniques:

Smile. Do you take yourself too seriously sometimes? I sure do! On days when I feel short and impatient, I ask myself, “When was the last time that I smiled today?” The answer usually is, “Well, I haven’t smiled today.” So, no matter how fake or phony it feels, I smile, and then try to hold it for a good 30 seconds. When we smile (even fake smile), endorphin and serotonin are released, which help us feel better on a biochemical level.

Lower your tone. It sounds strange, but when I get angry my voice becomes louder and more high-pitched. Therefore, one strategy I use to stop heightening anger is to lower both the level and tone of my voice. It’s kind of a little trick I play with myself, but there have been many times that it has saved me from boiling over.

Drink water. Water has so many amazing properties, but studies have shown that water actually brings refreshment and clarity to the brain! This is why on school days I make sure that the kids and I stay extra hydrated! In addition, I find that the act of stopping what I’m doing to grab a glass of water also adds to the calming effect.



Limit coffee and sugar. Unfortunately, that yummy coffee drink or soda won’t bring the same kind of mental clarity as water does. In fact, [refined sugar has been linked](#) in case after case to depression, schizophrenia and other negative mental health issues. Caffeine amps up our emotional energy (which is the last thing we want when trying to quell anger) and [can increase anxiety](#).

In-the-moment prayer and power verses (if you feel comfortable with this). I have several Bible verses that I’ve written on index cards that encourage and sustain me when I’m feeling like I’m going to lose it. Prayer is also especially powerful because we can access the Creator of all things anytime. Not only does He have insight into our own emotions and motivations (and those of the person who may be the source of tension), He gives personal, moment-by-moment advice as to how to get through a

tough moment. When I'm homeschooling, I can't tell you how many times I have these mini-conversations with God where I'm simply asking (in my mind), "Alright... how do I respond to *that* (disrespectful, rude, ignorant—you insert the adjective!) comment?" He gives me an impression on my heart (or a certain verse comes to mind) that gives me direction for that specific situation.. Sometimes He instantly calms me (or the other person down). It's always different, but I've seen countless times that He is faithful to offer help.

Free-form journaling. Maybe it would be helpful to keep a small notebook where you could spend anywhere from 1 minute to 30 minutes (or whatever time is available to you) to just let the emotions out. No agenda, no formal questions—just whatever you'd like to say.

5 minutes of silence. This helps me so much, especially when I'm feeling overwhelmed while driving. I turn off the radio and ask everyone else in the car (usually my kids) to please be completely silent for 5 minutes. This is usually enough time for me to regain control of my emotions.

5-10 minute break. This can be for you, for a child (if his/her comments or actions are causing the anger) or for both of you. I usually can find mental clarity when I can just step away for a minute, practice a calming hold or a yoga pose and *breathe*.

Get outside. Fresh air and a change of scenery sometimes makes all the difference.

Change up the routine. There are days when I feel that I (or my kids) are being assaulted with angry emotions. If I notice this happening, I try to offer some sort of change to the routine (even if it's small). This may mean something as simple as doing our schoolwork outside or at the park. Or, if things are really bad (and school itself is the culprit), we may down-shift and do something more relaxing and relationship-building like cooking together or playing a board game.

**Breathing exercise and calm holds courtesy of [Lisa Grace Byrne of Well Grounded Life](#).*

ESSENTIAL OILS THAT ENCOURAGE CALM



There are a few essential oils I reach for in order to proactively keep a calm atmosphere.

Apply a few drops of these oils to your wrists, behind your ears, or on your feet throughout the day to encourage peace and to instill calm.

You can also add a few drops to a room diffuser so that the scent permeates the entire room (everyone can use a little more calm, right?!).

Lavender. This is my go-to oil when I want to establish calm. Simple, classic and relaxing.

Orange. This oil brightens and encourages a light-hearted spirit. Add a drop to your water in the morning as a flavor enhancer and to help start your day off on the right foot.

Love oil blend. This is my favorite oil blend of the moment! I love applying this every morning in place of my perfume. The sweet smell of lemon, orange, geranium and rose is intoxicating and encourages a cheerful spirit.

Tranquility oil blend. Oh, this oil is unbelievable. It's great for diffusing in the late afternoon to promote a restful atmosphere throughout the home. I also love switching off with the Love oil to wear as a perfume. With a blend of Orange, Tangerine, Patchouli, Lime, German/Roman Chamomile and other oils, Tranquility is also great if you have a child who needs to settle down a bit.

Rocky Mountain Oils are my favorite essential oils because they offer high quality oils that you can purchase directly (without a consultant). Plus they offer free shipping everyday on all products, ongoing sales and specials, and a 100% guarantee (try an oil and return it if you don't like it!).