

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #27: DON'T GO TO SLEEP ANGRY



“For every minute you remain angry, you give up sixty seconds of peace,” said Ralph Waldo Emerson, an American poet and philosopher. It can be easy to keep your anger to yourself and bottle it up inside. Being able to take the time to calm down the anger and feel relaxed will help us maintain the ability to have forgiveness.

Everyone feels angry from time to time. Frustration and resentment is ok to experience as long as we learn how to handle this emotion. Going to sleep angry or holding onto resentment drains us of our happiness. This can change our mood, our relationships, and even our health. Going to sleep angry can have you waking up feeling tired and just as frustrated as you were yesterday. When we make the choice to let go of our anger, we are actively creating more mental space for positive emotions such as love. Make it a daily mission to let go of your negative emotions before you sleep and replace them with focusing on calming exercises.

### Practice Forgiveness Today:



1. GO TO A PLACE IN YOUR HOME WHERE YOU WILL BE ABLE TO HAVE SOME QUIET TIME.
2. WHEN YOU FEEL YOUR ANGER HAS STAYED WITH YOU THROUGH MOST OF YOUR DAY, BLOCK OUT AT LEAST 5 MINUTES TO SPEND ON CALMING EXERCISES.
3. FOLLOW A GUIDE THROUGH MINDFULNESS OR PROGRESSIVE MUSCLE RELAXATION TO GET TO A PLACE OF CALMNESS.
4. CLOSE YOUR EYES AND FOCUS ON PRACTICING CALM BREATHING OR MUSCLE RELAXATION MOVEMENTS.
5. REPEAT YOUR CALMING EXERCISES AS NEEDED TO REACH A STATE OF CALMNESS AND THE ABILITY TO REACH FORGIVENESS BEFORE BED.

### Parent Practice Tip:

**Find guided calming exercises or read through a script for you and your family. Discuss with your child(ren) how it feels to go to bed calm instead of angry.**

### To Learn More:

**Progressive Muscle Relaxation**  
**How Mindfulness Helps!**

**Edutopia's Guide for Mindfulness in Class**

**[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)**