

You're feeling ANGRY.
Now is the time to control your nerves

Allah Says:

So whatever you have been given is but (a passing) enjoyment for this worldly life, but that which is with God (paradise) is better and more lasting for those who believe and put their trust in their Lord. And those who avoid the greater sins, and illegal sexual intercourse, and when they are angry, they forgive.”(Quran:42: 36-37)

Prophet Muhammad(SAW) said:

The Holy Messenger (peace be upon him) has said, after seeing two people angry at one another: “I know a word which, if he were to say it, what he feels would go away; he needs to say ‘I seek refuge with Allah from the shaytaan,’ and all his anger would go away.”

(Sahih Bukhaari: Volume 6, 337)

Dua we've been taught as muslims:

اللَّهُمَّ أَزْهِبْ غَيْظَ قَلْبِي

Oh Allah, remove anger from my heart

What to do:

Remember Allah(SWT) and ask for his mercy.

Drink Water

Recite اَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ

Do Zikr and stay in wudu

If you're standing than lay down

Recommendations:

Book:

Anger: Wisdom for Cooling the Flames
by Thich Nhat Hanh

Podcast:

Your morning nudge:breathe and Believe.

Movie:

.Goodbye Uncle Tom

Psychological Therapies:

- Take deep breaths
- Drink water.
- Hold yourself
- Sit silently
- View humor series
- Listen to something good.
- Get out and get yourself some fresh air.