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## WAYS TO RELIEVE ANGER...

ABU DHARR REPORTED: THE MESSENGER OF ALLAH, PEACE AND BLESSINGS BE UPON HIM, SAID TO US, "IF ONE OF YOU IS.....

ANGRY WHILE HE  
IS STANDING...



LET HIM SIT DOWN  
SO HIS ANGER WILL  
LEAVE HIM...

OTHERWISE, LET HIM  
LIE DOWN.



Source: Ṣaḥīḥ Ibn Ḥibbān 5688

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Date of experience: June 28, 2024

**Nadia**



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