



## Angry? Go Screaming!

*(Plus a Couple of Other Safe, Sane Tips for Releasing Tension)*

by award-winning author / stress-relief expert **Susie Mantell**

One very gloomy day, a friend and I were both feeling cranky.

We decided *something* had to change so that we could each turn back into our nice, normal, pleasant selves! So we went to the beach. We each stood at the edge of the ocean where big, booming waves were breaking. *(Their rolling roar would serve as the perfect camouflage for what was to come next.)*

We both started *s-c-r-e-a-m-i-n-g* out our stress into the salt air, yelling and shouting into the waves about everything that was wrong. We screamed out everything we were no longer willing to accept, why we were really, really angry, and just what we were gonna to do about it. Now I have never been a yeller. It is just not my nature. But I have to tell you -- it felt great! I absolutely adore the ocean and this had nothing to do with polluting those fabulously majestic waves with our woes, but they sure provided perfect cover for our parallel tantrums. We made sure there were no other people for quite a distance so we wouldn't scare anybody. It was great - a harmless way to blow off steam. Sometimes there were words, and sometimes just angry "Grrrrrrrr" noises, but the release was fantastic. A bonus is that screaming into the ocean with a pal is pretty hard to do without eventually falling down laughing, which is what ultimately happened.

The point of "going screaming" is simply to go somewhere where you won't frighten or disturb anyone else, and discharge some of the negativity you're holding in those big, heavy thoughts. By doing this, you can make room for something lighter and more joyful to take its place. If you're not near the shore, you can also "go screaming" in the mountains, or the desert, or a meadow. In a pinch, go out on the open road with the car windows rolled up. (Pull over first!)

If shouting out loud just isn't your style, you can accomplish a similar release by scribbling down on paper all the stuff you *would* scream about if you *could*. Or get into a pool and swim laps, "screaming with your feet" in every kick-kick-kick. Smash tennis balls against a backboard. Shovel snow. Knead bread dough. Hit golf balls. You get the idea!

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