

True Emotions Artwork Plus presents...

The
"LIGHT"er
Side
of



VENTING

Anger & Frustration

By Carolyn Shannon

The ‘LIGHT’er Side of Venting

Your Anger & Frustrations Away

A Self- Empowerment Workshop Created by Carolyn Shannon

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Art from the Heart Adventures©
The “Light”er Side of Venting©
What Really, REALLY Bugs Me...Sometimes©
“DRAWING” the Law of Attraction into Your Life©

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*Are YOU ready to release some of the negativity that's been weighing your
down and making you unproductive in your life?
Then Let's Begin...*

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INTRODUCTION TO THE 'LIGHT'ER SIDE

Have you every developed a headache or upset stomach after being in a negative or stressful situation?

Or suddenly found yourself making mistakes, forgetting things or going way out of your way when driving right after someone or something has frustrated you?

Do you have negative people or situations in your life?

Or are you the negative influence on your friends, family or coworkers.

Negative energy can stick like glue and cause damaging STRESS in your life.

How do most people handle stress caused by negative emotions?

1. **Stuff them Inside** which can hurt ourselves and lead to illness
2. **Act Them Out** which generally gets them in trouble with others

Everyday we are either picking up or generating negativity from moment to moment. How?

We can end up in a negative state by:

- 1 Picking it up from our other people, negative environments or media
2. Generating it with our own thoughts, something Stuart Smalley called **Stinkin' Thinkin'***

So, once we get it how do we get rid of it?

By [Venting it Creatively!](#)

Here are a few fun techniques to help you handle your stress and release negativity in a lighthearted way.

* You're Good Enough, You're Smart Enough and Doggone It, People Like YOU! By Al Franklin (Stuart Smalley)



BRUSH OFF THE NEGATIVITY AROUND YOU!



This first fast and easy way of lifting off negativity has been around for years.

Ever heard someone ask, “Why don’t you just BRUSH IT OFF?”

or...“Why don’t you knock that chip off your shoulders?”

Well...it works.

A sure sign that you are picking up negativity from your environment is to feel like you have the weight of the world on your shoulders. Like someone has their hands on your shoulders and is pressing downward. It takes all your energy just to walk to another room.

When we wake up first thing in the morning with this feeling it is often after hearing a distressing conversation, watching the news or an upsetting show before going to bed.

So the next time you have been around someone who has been in a bad mood or each day before you go to sleep...**Brush it Off right away** before it has time to stick to you like glue.

Try it now! Don’t worry if people think you have dandruff or are a little spastic. You can always **See** (4th Technique) yourself doing it if that is the case.

It will seriously make you feel lighter just by **Brushing It OFF?**

SNAP AWAY YOUR OWN NEGATIVE THOUGHTS!

The 2nd technique is quick, easy & truly life changing.

Why? Because it hurts! Isn't that great!

It is the Number One Best way to stop or at least help take control your very own **Stinkin' Thinkin'***.

So, what do you do?

Simply wear an elastic band on your wrist and the every time you start thinking negative thoughts about yourself or others...**Snap it away!**



Then make sure to **follow up with a positive thought** each time.

This technique works best if it is done for the 21 days it takes to break or form a new habit. Can you last that long???

The first few days are the hardest and your wrist gets pretty red.

However if you stick to it you will find you need to **Snap** yourself less and eventually can leave the elastic at home.

Then you can simply **See** (4th Technique) yourself **Snap** or even tap your wrist as a reminder to change your thought.

- You're Good Enough, You're Smart Enough and Doggone It, People Like YOU!
By Al Franklin (Stuart Smalley)

SMILE AWAY URGE TO ACT OUT FRUSTRATION!



The 3rd Technique is fondly known as the **FO SMILE**

(I'll leave interpretation up to you)

How many of you have had to sit through getting your picture taken for your wedding, your graduation or promotional photos?

For those of you who won't admit it, it is **the smile** you see in the last set of pictures and usually aimed directly at the photographer as a sign you've had enough.

Try it now. Looking in a mirror or any reflective surface you have handy, smile with your lips while your eyes are either shooting flames or suggesting you have something devious up your sleeve.

Wow, that was way too good! You're a Pro already!

My SO (Significant Other) and I occasionally use this one as a warning that we are getting close to crossing the line with our comments or "helpful" criticisms.

My students used it in my classroom almost every day both in jest and to immediately take the pressure off a tense situation before it got out of hand.

Our favorite class expression was, "Hey, are YOU giving ME **The Smile??**

So I ask YOU NOW, are YOU **Smiling** at ME? No, seriously, are YOU **SMILING** at ME???

SEE IT WITH HUMOR TO CHANGE YOUR MOOD!

This 4th technique is the best one to use when you are in a public place and can't or don't feel comfortable telling the person you are with what you really think at that moment.

Some call it daydreaming, some visualizing, whatever you call it, it works!

Yes, It can be as simple as seeing a sprinkler turn on over the person you are upset with or seeing them walk ahead of you with a streaming piece of toilet paper stuck to their shoe.



Try it now!

Think of a person who has upset you.

Got them! ...Okay now see them walking ahead of you with that long stream of toilet tissue trailing behind them.
I can see you **smiling!**

Harmless yet SO Effective! Simply **See it with Humour!**

Didn't I tell you these techniques worked?

Hey, How did that paper get stuck to my shoe???

SQUEEZE AWAY YOUR ROAD RAGE!



This 5th fun technique is just as effective with or without a real squeeze ball.

Not only is this excellent for exercising your hands & arms it is also good to use on the road to help stop or even prevent experiencing extreme Road Rage.

Once you have tried it you will easily understand why.

So, let's combine this with the last technique, **See** it, to show you how it can work when you don't have a ball handy:

Imagine that you have a ball in your right hand. Got it!

Good Next Picture the face of the person who upset you on the ball. Got that? Good!

Now start **Squeezing** with all your might, (I can see your **smile!**)

Add sound effects if you like. Imagine you hear them screaming out the words, " Oh No! NO! NO!..." (I often hear the voice of Mr. Bill from Saturday Night Live when I do this.)

Okay now faster, tighter, hold it & RELEASE! Feel stress & tension disappear when you **Squeeze it away!**

Finish this with a nice big breath. It is really that simple.

POP YOUR FRUSTRATIONS AWAY!

How many of you have **Popped** before today?

Before you answer this let me clarify as this picture may be misleading...

When I use the word **Pop**, I am referring to bursting the little pockets of air on a sheet of bubble wrap. *(This was the only picture I could find that was even close, and yes, the little imp in me did enjoy **Seeing** you **jump to conclusions before you had all the facts...** I actually saw those words on a magnet somewhere.)*



So, Back to the question, "Have you **Popped** before? Okay, how about while visualizing the head of someone that's been bugging you? Or even better while visualizing someone's head and saying the person's name out loud?"

Students entering my classroom or staff walking by often found me **Popping my Frustrations away!**

Okay. **Let's try it!** What do you mean you don't have any bubble wrap???. Simply **See** a piece of bubble wrap in your hand and you are ready to **Pop!**

Hey! Who's **Popping** Prematurely? Cut that out!!!

Okay, **Ready?** Just picture the head of that annoying person on that bubble under your thumb. Got it? Good! Now, for the sake of discretion in case that person is sitting next to you simply call them YOU, YOU, YOU as you start **Popping** away.

Can you feel a **Smile** forming on your face as you **Pop!**

This one is best done alone unless you **want** to be annoying.

If you do, keep in mind that they have every right to flash **YOU** **The SMILE.**

FLUSH AWAY YOUR ANGER AND SMILE!



I first learned this 7th technique from a friend who had just attended an anger management seminar.

I loved it and have been using/sharing it ever since.

In fact I kept a roll on my classroom desk at all times!

So what do you do with it?

Simply write the name of the person(s) you are upset with on as many sheets as you feel like & either Use it or just Drop it into the

toilet then do your stuff. Yes answer Nature/s Call to the best of your ability!

You can even watch it as you **FLUSH it away!**

SEE it is as a *little them* flushing away. Add sound effects if you like but try not to scare the person in the next stall if doing so in a public restroom.

This is an excellent technique if you are angry at an authority figure whom you can't confront because it could jeopardize your job or position? Instead of getting really angry again or quaking in your boots the next time you see them you will only feel the urge to **Smile** and be surprised at how calm you feel inside.

This technique is also good for **Flushing** away fears or things you don't like about self or fears you have.

I can see a couple of extra rolls on the shopping list this week.

STOMP YOUR FRUSTRATIONS AWAY!

Now for Our ParticiPACtion Exercise Break!
It's time to open up your Tantrum Mats!

How I Discovered This Technique:

One evening, after a long and draining day at school, I was on my way home when I remembered I needed to photocopy something for class the next day.

I stopped at Econoprint** to do so but in a matter of minutes became extremely frustrated by all the mistakes I was making and money I was spending by using this unfamiliar machine. Page after page came out lopsided, off center and the machine constantly threatened to jam. (I now believe that technical equipment tends to pick up and reflect our own negative energy)

I was tired, hungry and resentful that I had to do this on my own time with my own money but the morning lineup for the school copier sometimes made it impossible to do it there.

Seeing the long line of people forming behind me now only added to my stress so I gave up, stepped out and tried to calm down.

That is when I came upon the '**Tantrum Mat**'. Within minutes of reading, "When the need for throwing a tantrum is felt, place both feet on the space provided and jump rapidly up and down. Incoherent screaming is also permissible. If symptoms persist, see your nearest psychiatrist – You may be a nut." I was in full out tantrum mood and didn't care who saw it. God, it felt good!

After this quick release I began chuckling at the mass exodus of fellow copiers. Then I finished mine without a glitch. In fact I was **Smiling**.

So I made copies of the **TM** for my class, my fridge & have been **Stomping** ever since.

Now it's YOUR Turn:

Okay! Stand up!

Look at your Tantrum Mat for a moment.

Next look down at your feet and **SEE** the Mat there.

Now **STOMP!** Don't stop until you are **SMILING!**

Then Stop and take a Deep Breath.

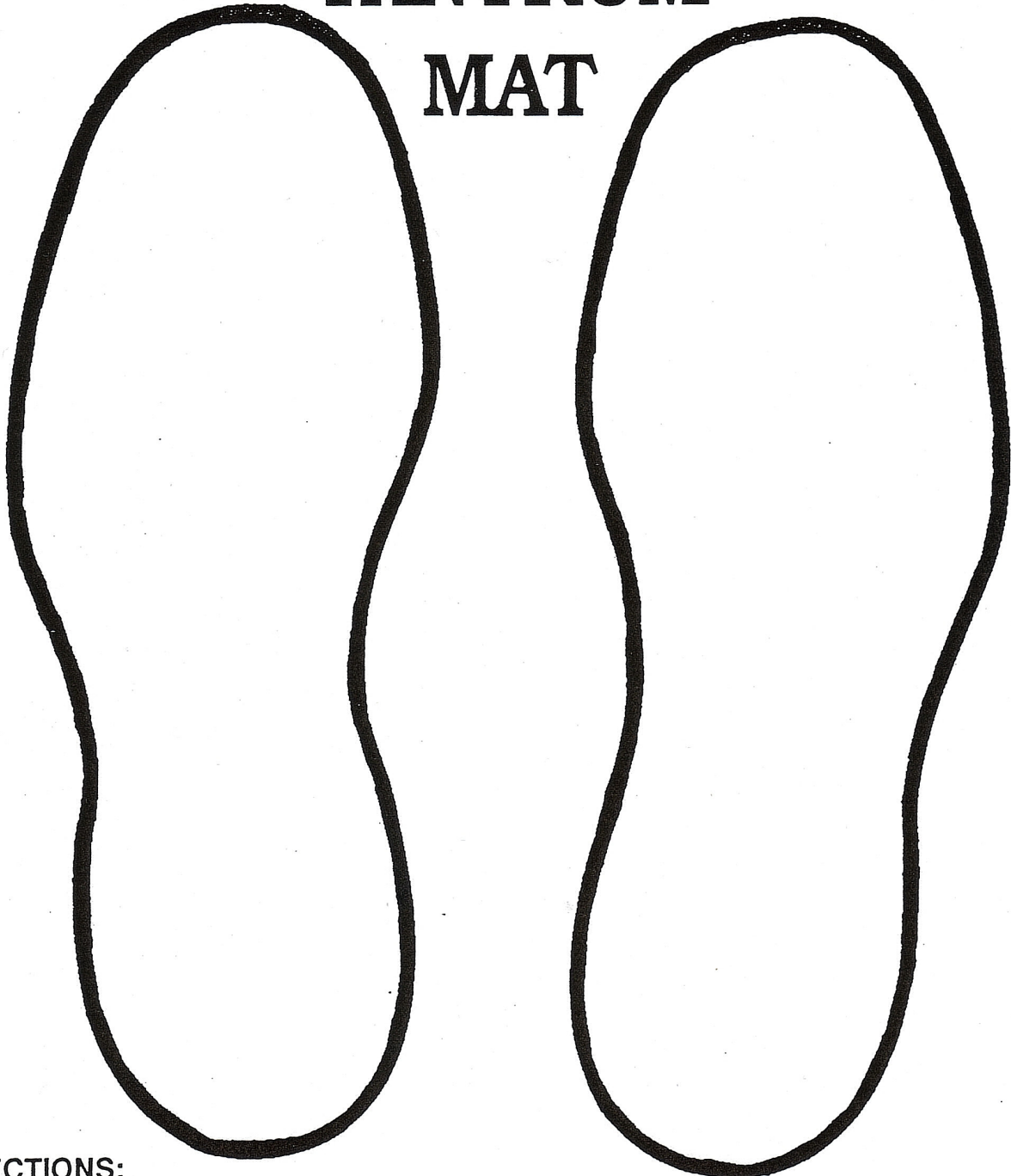
Was that good for you? Good.



***Econoprint, Welland Avenue, St. Catharines Ontario*



TANTRUM MAT



DIRECTIONS:

When the need for throwing a tantrum is felt, place both feet on this space provided and jump rapidly up and down. Incoherent screaming is also permissible.

If symptoms persist see your nearest Psychiatrist - You may be a nut.

COLOR YOUR FRUSTRATIONS AWAY!!

The last technique I developed for myself during a fearful time in my life. I had read somewhere that “Anger was Fear Acting Out Loud” and was determined not to let it get that far.

The more I used this active meditation I discovered it also worked with sadness, anger, anxiety and even pain. Then during commercials I found myself reaching for a marker instead a snack. I suddenly had control over my bulimia.



I started having my students use it before tests at school and their marks improved.

So, I started sharing it with small groups & more benefits were recognized. This led to the authoring of the workshop and Book called [Art from the Heart Adventures](#) allowing adults to do it at home. Then came the creative venting journal for children called [What Really, REALLY Bugs Me...sometimes](#). And now You are about to experience a very small but very important part of An [Art from the Heart Adventure](#).

Are You ready to color? Alright! Let's get to it!

All You Need is:

Set of Colored Markers, Paper & Large Black Perm. Marker

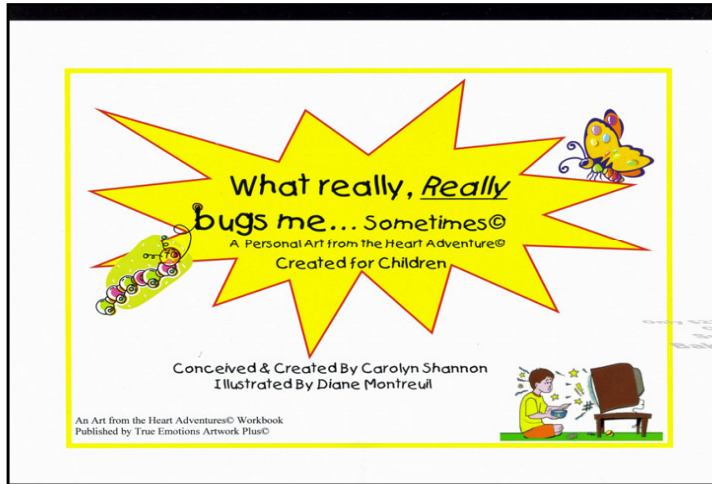
Just 7 Easy Steps: (Use Cardboard or Old Newspaper to Protect Table)

1. **Close Eyes** & draw freely/firmly to **create outline** with small black marker from set.
2. **Open Eyes** & **JOIN** where you **Ended** to Where You **Began** with **NO Gaps** in Outline
3. **Close Eyes** to **PICK** a Coloured Marker
4. **Open Eyes** to **Colour** Where Led after **asking for Guidance** from Your Inner You
5. **Repeat # 3 & 4** as many times as you feel the urge to do so
6. Use the **Large Black Marker** to **Barricade** or **Freeze Frame** whole drawing by either outlining / drawing a box around it (Make Sure There Are NO Openings or Gaps in It.)
7. **Name It (Your Drawing—Fear of.../Anger about...), Date it & Sign it.**

Just Relax and Enjoy This Active Meditation. *Yes Adults can color too!!!*

Oh, and one more thing! Don't forget to wear comfortable shoes! Cranky Feet... “Crankypants” Hey! Is that MY NAME You're writing on a piece of toilet tissue?paper??????

Every Child Needs A Safe Way to Release Their Anger & Frustrations



Only \$22.95!
 Or
Special Baker's Dozen Offer!
Buy 12 get 1 free!

What really, *Really* bugs me...sometimes©

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 ☆ **At long last**, children from ages 3-12 or older can easily
 ☆ experience the wonderful benefits of releasing their anger and
 ☆ frustration in a fun, creative, healthy way
 ☆
 ☆ **"What really, *Really* bugs me...sometimes©"** is a
 ☆ charming new personal journal that sets your child on a remarkable
 ☆ path of letting go of the upsets and frustrations of life. It's fun to do,
 ☆ easy, and best of all, the drawings your child makes can be very
 ☆ insightful for you as a parent
 ☆
 ☆ **It is never** too early for your child to look at daily life
 ☆ situations from a new perspective while learning skills for venting
 ☆ unhealthy negative emotions. This is an extraordinary tool to
 ☆ dissipate those emotions so your child will not keep their damaging
 ☆ feelings bottled up or express them in aggressive ways. It is an
 ☆ invaluable tool that supports your child's emotional wellbeing.
 ☆
 ☆ **Children** will benefit from **"What really, *Really* bugs
 ☆ me...sometimes©"** for the rest of their lives.
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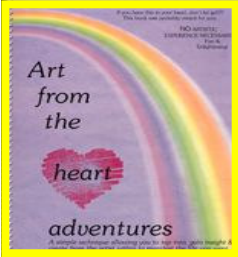


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Art from the Heart Adventures Book

An Excellent Book on its own or as a Valuable Resource for Parents, Guardians, or Teachers of Children using Our **What Really, REALLY Bugs Me...sometimes©** Creative Journal.

An **Art from the Heart Adventure©** is a Uniquely Interactive Book that will Change Your Life By Teaching You How to Look at Yours from... a "*Different View*".

[Venting Creatively](http://VentingCreatively.com) -

Creative Ways To Shine A Light on Your Life



A high school teacher of a customer service subject for many years, [Carolyn Shannon](#) of [Venting Creatively](#), had to find ways to cope with stress, and to help her students handle life's daily trials in more positive ways.

Further development of these techniques for herself and others led to [Art from the Heart Adventures](#) workshops in 1997, followed by Carolyn's first book of the same title.

Since then Carolyn has authored 3 more books ... a children's version of Art from the Heart Adventures titled [What Really REALLY Bugs Me ... Sometimes, The LIGHTer Side of Venting](#) and ["DRAWING" The Law of Attraction into YOUR Life](#). Carolyn has also created hands-on workshops on the themes of ALL 4 books.

Carolyn' mission is to encourage self-discovery and empowerment by helping others see that it is **never too early or too late to look at their lives from a "different" view.**

***Fun, Easy & Creative
Venting Techniques for All Ages***

EVERYONE Needs Safe Fun Ways to Release
Their Anger & Frustrations!

***Begin Looking At Your Life
From a "LIGHT"er Point of View tOday!***

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