

Welcome to

Tantrum Club!



Just bring your stresses... and a baseball bat

The last time you were feeling stressed out, how did you deal with it?

Here at *BLISS* towers, a quick cuppa often does the trick. But if heating up the kettle doesn't cool down your rage, then you might benefit from taking some advice from Will.I.Am and Britters – you need to scream and shout and let it all out. Sound daunting? Step in anger management expert and self-proclaimed 'bitch with a bat', Adèle Theron and her Tantrum Club to show you exactly how to do it...



Trying out Tantrum Club...



Sophie, 14

"I tend to take my anger out on other people so I came here to learn to relax. I can get frustrated which I know is normal, but it's not good!"



Hannah, 15

"I'm stressed out with exams and I've also gone through a break-up recently, so I think this session will be a really great release for me."



Lily, 13

"Everything at school is stressing me out a bit at the moment. I'm hoping this session can help me to deal with everything in a better way."

LETTING IT ALL OUT: CHARLIE BOND PHOTOS: SAM YARDLEY



Way to wail

The next exercise needs us to think of something sad. Adèle wants us to try an exaggerated cry to release the emotions, as this is more useful than dabbing tears with a tissue. "Think about South African tribal women," she says. "They don't cry, they wail!" Oddly, trying to cry makes us laugh...



Balloon popping

"You know the saying 'keep calm and carry on'? Tantrum Club is the exact opposite of that!" says Adèle, as she hands out balloons for us to blow up. We write some of our frustrations on one, then pop it! "My stresses are school and my family – mainly my sisters. I liked doing this, it felt satisfying to pop my problems," admits Elissa, 14.

Shake it out

Animals were the inspiration for creating this exercise. "When you get a massive shock, adrenaline makes you go into 'fight or flight' mode," explains Adèle. "When this happens to animals, they have a shake to release the adrenaline – and the technique works equally well on humans." As we stand up and shake it out, Elise, 14, confesses that she'll need this technique. "I'm really scared of spiders, so if I see one I'll need to shake out my fear!"



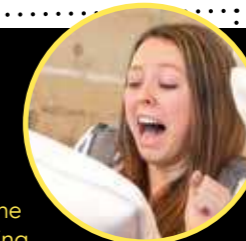
Bucketing

"Bucketing is cooler than gossiping," explains Adèle. The idea is that when you're stressed and want to bitch, often it can become a full-on gossip session. Instead, you rant into an invisible bucket while your mate says, "Is there anything else?" rather than joining in with what you're saying. Then you switch before emptying the bucket together to ditch the negative words. "If the person isn't agreeing with you, it isn't a gossiping session, but you're still able to have the rant you need," says Adèle.



The scream

We all know how therapeutic a little screaming can be – the problem is trying to have one without everyone else hearing it. Adèle has the answer – a pillow! "If you go into your room and scream into a pillow, no one will hear you," she says. To prove it, she hands us each a pillow and we scream all our frustrations into it. It really works! "I liked this technique!" says Alice, 13.



Beanbag beating

Adèle hands out goggles and baseball bats, before putting a giant beanbag in front of us. "Imagine the thing you're mad at on the beanbag," she says. "Hit the beanbag until you're exhausted." This exercise is designed to deal with absolute rage and pent-up aggression – and it helps us to totally de-stress. "I've got two giant beanbags at home, so I'll definitely be able to use this technique outside of Tantrum Club," says Millie, 15.

Who's Team Tantrum now?



Ella, 15

"At the moment I'm really stressed about my exams and having loads of coursework, but I think all these techniques will help me to handle things better. Especially the beanbag beating!"



Chloe, 16

"Recently I've been having a few issues with my teacher at school. I definitely think after Tantrum Club I'm going to be more tolerant – I loved it! It should've gone on longer!"



Holly, 13

"I wanted to calm down and deal with my mum nagging me. Now that I've done the session, I feel really empowered. I loved how Adèle really understood what we go through."