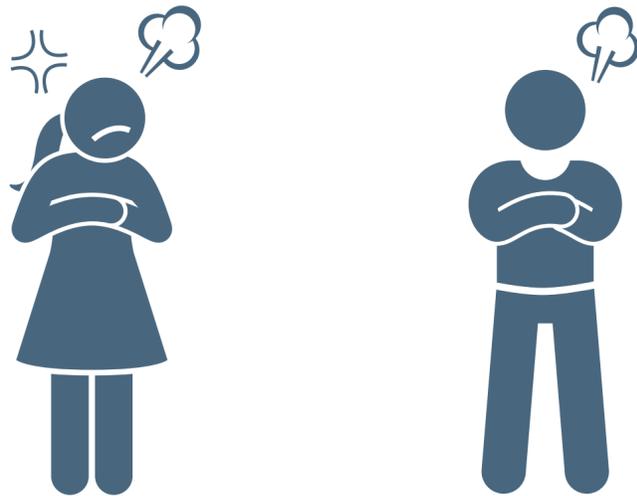


ACCEPTING FRUSTRATION



With all of the necessary limitations being placed on our lives currently it is very easy to become frustrated.



Frustration can be very difficult to deal with and often we don't know how to. Frustration is a natural reaction that occurs within us whenever things go wrong, not as we had expected or not as we had planned. We have put together a few simple tips that could help you to manage this difficult emotion.

1. Practice some slow mindful breathing - relaxed, regulated breathing changes the chemistry of the brain. Focused breathing can help you to avoid impulsive actions. Breathe deeply and slowly counting to four, pause, and again slowly count to four as you breathe out. Repeat this until you feel calm.

HOW TO TALK SO PARENTS WILL LISTEN



2. Manage you own expectations of a situation and others - we cannot always control our situation or the actions and behaviours of others. Instead we can control how we react. Accept the limitations of your situation and the limitations of others. Try to avoid perfectionism. Nothing and nobody are perfect.

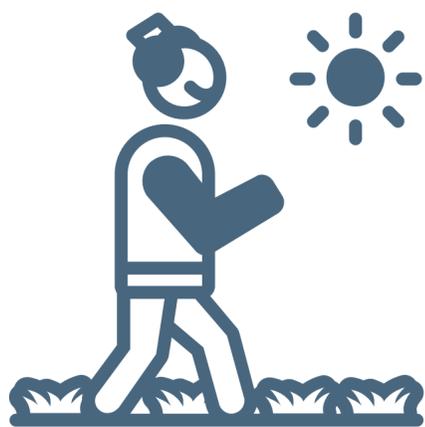
3. Gain some perspective - coping with frustration is about finding hope to overcome the hopelessness and dissatisfaction that we may be feeling. To combat frustration and the associated hopelessness take action. Set yourself a task or a goal, something within your reach at this moment. Make something nice to eat, tidy out a cupboard or wash the dishes. They may seem like trivial tasks but because of the way our brains work, each of those little successes can bring with it hope.



HOW TO TALK SO PARENTS WILL LISTEN



4. Find a release - physical activity can relieve tension and stress caused by frustration. A brisk walk outside can help you feel refreshed and more positive. Listening to music, writing down your thoughts or practicing some meditation can also provide a release. Try a few things and find the things that work for you.



Coping with frustration is all about recognising the sources that trigger the feeling and using the techniques that work for you to enable you to choose a different emotional response. As always this will take practice but it can enable you to have a more positive response to life's frustrations.

