

RESILIENCY TOOL

Experience a life awakened,
where stress becomes renewal.

REDUCING FRUSTRATION

Frustration comes in many forms. Unfortunately, you'll find that even small things can get under your skin, especially when they pile up. How do you prevent daily frustrations from dictating your life?

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- Examine the Frustration
- Identify the Cause
- Ask is Frustration Misplaced
- Adjust Timing
- Take our Randomness
- Is it Worth Fighting For?
- Practice Conscious Listening
- Find Release

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"Do not let your hearts be troubled and do not be afraid."
- John 14:27 (NIV)

8 STEPS TO REDUCE DAILY FRUSTRATIONS

EXAMINE THE FRUSTRATION

First, determine whether this is a common frustration or a symptom of something bigger. What's going on? How are you reacting? If you're finding yourself overreacting to the frustration, it might be that the stress you're feeling doesn't have to do with frustration at all. If that's the case, you'll want to address the bigger problem. However, you can easily manage small frustrations.

IDENTIFY THE CAUSE

Once you've determined what the frustration is, take some time to understand why the situation is frustrating to you. If you're unsure, you might want to spend some time in thought, or even putting your words on paper to understand this better.

ASK IF YOUR FRUSTRATION IS MISPLACED

If you think the cause of the frustration is you, ask yourself why that is. Your response will tell you a lot. If words like "unworthy" or "lazy" come up, you're likely responding to some trigger that has nothing to do with you. Not every frustration has a clear cause or solution. Sometimes things happen outside your control, and you just need to let them go.

ADJUST YOUR TIMING

No one can deal with frustration when they're tired, and energy is lagging. Take care of frustrations when you're at peak energy and ability.

TAKE OUT THE RANDOMNESS

By putting yourself on a schedule or keeping a strict routine, there's less room for surprises which might be frustrating.

ASK IF IT'S WORTH FIGHTING FOR

Frustration comes when you're trying to control something out of your grasp. Ask yourself if this is a battle worth pursuing, or can you let this one go?

PRACTICE CONSCIOUS LISTENING

A lot of frustrations come when we're not communicating well with someone else. Slow down. Listen to what the other person is saying.

FIND RELEASE

Frustration brings up adrenaline levels. Go for a walk, work out, clean the house. Do something physical to release pent-up energy.



Self Discovery
Solutions