FRUSTRATION

W WORDS

“To conquer frustration one must remain intently focused on the outcome not the obstacles.”
T. F. Hodge

E EXERCISE

Think about what physical signs you exhibit when getting frustrated. Does your voice get clipped with a rude relative? Does your pulse rise? When noticing the signs...

1) Take a pause - to stop yourself getting lost in that feeling.
2) Practice perspective - you have the ability to reappraise that emotion and think about it from the other person’s point of view e.g. are they being rude or are they frightened and confused?

L LINK

Compassion and the science of kindness: Harvard Davis Lecture 2015 - Nigel Mathers

http://bjgp.org/content/66/648/e525

L LAST THING

Taking a few deep breaths can help calm the body down. Try to breathe slowly, in through your nose, right down to your stomach. If it helps, count to 7 breathing in and count to 11 breathing out.