

# **Self help matters.**

Helping you to find your solutions

## **Dealing with Frustration**

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We all experience frustration, whether it's concerning something that doesn't work out the way we want it to or not getting something we want. It's frustrating, isn't it?

Frustration can be linked to resentment or anger, yet it is often harder to identify because of the varying variables associated with it. For instance, when we're pressured and need to get from A to B quickly, we might get frustrated by traffic or road works inhibiting our journey. Yet on another day, with lesser need to reach B by a certain time, it may be less frustrating.

And that's because there's always an underlying reason why we feel frustrated.

The key is finding the root cause.

## Top Tips

**Needs.** Frustration occurs in relation to whether your needs are being met. Evaluate the extent to which your needs must be met, from 1-10 (with “must” at 10) and you’ll rarely hit 10.

**Control.** Frustration can also be impacted by how much control you have in situations. Sometimes you can’t control external events but you can control how you feel, think or react to it.

**Importance.** The more important your task, the greater the frustration if something inhibits it. But is this correctly taken in context? Is it really that important?

**Refocus.** Often a frustration state feels like being trapped. Get out of this trapped state by thinking of something different or even moving out of your current stressed location, if you can.

**Breathing.** When you’re frustrated, you’re tense. Regulate your breathing: inhale through your nose for a few seconds, hold, then exhale through your mouth slowly.

**Music.** Listen to music that’s calming or takes you back to a familiar, relaxed or altered state. The right music can really help to change your mood fast.

**Avoidance.** If you spot a pattern in how and when your frustration emerges, then find a way to prevent repeating that habit by acting differently next time.

**Expectations.** Is your frustration associated with an unrealistic expectation of yourself or others? Ensure expectations are accurate, reasonable and achievable. Seek clarification or provide confirmation as appropriate.

**Time-keeping.** If your trigger is linked to being late, how can you reschedule your itinerary to ensure you limit this happening again?

**Hindsight.** Reflecting on the reasons why certain things frustrate you can help you build a reality check that limits future frustration. If you knew the traffic delay was caused by a horrific accident ahead, would that temper how you felt or reacted?

**Setbacks.** These are a necessary part of life that, if you have the appropriate mindset, help you learn and develop.

**Permission.** Maybe you have a right to be frustrated and it is an appropriate response. But don’t beat yourself up by it or be defined by it. It’ll pass.

## Resources

### MOODJUICE

How to deal with anger, with a printable self-help guide



**Opening Hours:** Online

[www.moodjuice.scot.nhs.uk/mildmoderate/Anger.asp](http://www.moodjuice.scot.nhs.uk/mildmoderate/Anger.asp)

### MIND

Information on issues surrounding anger



**Opening Hours:** Online

[www.mind.org.uk/information-support/types-of-mental-health-problems/](http://www.mind.org.uk/information-support/types-of-mental-health-problems/)

### TOGETHER ALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



**Opening Hours:** Online

<https://togetherall.com/en-gb/>

### MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



**Opening Hours:** Online

<http://mindfulnessforstudents.co.uk/>

### UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



[www.abdn.ac.uk/infohub/support](http://www.abdn.ac.uk/infohub/support)

#### **If you are experiencing a crisis - please contact any of the following**

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - [www.abdn.ac.uk/counselling](http://www.abdn.ac.uk/counselling)