

MENTAL HEALTH MOMENT

MANAGING FRUSTRATION

Frustration is one of the toughest emotions we deal with since childhood. Feelings of frustration can be intense and even as adults we can struggle to manage frustration. While frustration is often interpreted as a negative emotion, like any emotion it fulfills a function. How can you learn to manage frustration positively? **Here are some skills:**



GET DISTANCE FROM THE EVENT

Frustration can be very intense, which may cause us to exaggerate events and see the situation in a distorted way. We can magnify frustrations in a way that we are more likely to explode or resort to extreme behaviors. Simple ways to get distance are: Count down from 10 to 1 in your mind. Leave the situation if possible and get help. Recognize that when frustrated you have a hard-wired **ACTION URGE** that is **IMPULSIVE** & *getting distance* helps you gain perspective.

FEEL THE EMOTION & LET IT GO

Remember: You are not your emotion. You *experience* emotions. We might have said in the past, "I'm angry." It is more truthful to say, "I'm feeling angry." Why is this important to know? The more you *personalize an emotion*, the more intense you will feel it. Learning mindfulness or awareness skills are key as they teach us that emotions are not as threatening when we learn to experience them separate from ourselves, let them go & seek to identify the **function of the emotion**.

THE CALM THAT FOLLOWS THE STORM

Overwhelming frustration is the worst adviser. When we are overwhelmed by frustration we want **VALIDATION** that we are upset. While validation is important, frustration can be so powerful that it urges us to attack or hurt the object that is presently causing the emotion. After you distance yourself and let the emotion subside, determine what the frustration is trying to tell you. By seeking the calm that follows the storm we might gain new perspective on how to proceed.

CHECK YOUR EMOTIONAL VULNERABILITY

It is not uncommon when destructive behavior in the workplace is addressed the person involved will report being overwhelmed in multiple areas of their life such as: relationships issues at home, financial stressors, fatigue or burnout, workplace conflict & stress overload either at work/ home or both. Watch for patterns of frequent frustration, feeling perpetually stuck, burnt out or consistent negativity. Remember: Prepaid **Private** and **Confidential** counseling is provided through your Employee Assistance Plan for you and eligible family members. **Seek help today!**

Onsite or Telecounseling is now available through the **Employee Assistance Plan**.
To schedule private and confidential counseling sessions:



1 800 342 5653



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