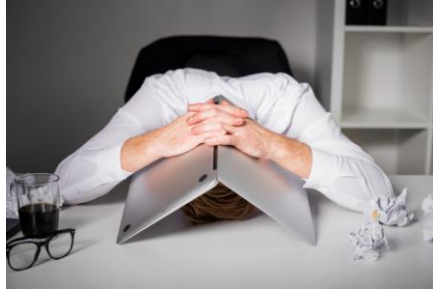


# ELSA Newsletter

## Frustration



*The feeling of being upset or annoyed as a result of being unable to change or achieve something.*

We all experience frustration, this is usually caused by the feeling of not being in control of something.

Look at these two pictures, which one is angry and which is frustrated?



They look pretty similar don't they? That's because when we become frustrated we are just covering up the feeling of being angry. Why? Because we're always told that being angry is bad and we'll get told off. Remember, anger is just a reaction to other emotions that we are experiencing so we need to recognise and manage these emotions so that we don't react to them.

### How to manage frustration

To help us do this we need to process our thoughts, the best way to do this is to write them down and then speak to a trusted person about how you are feeling. Here's an example of how to process your thoughts:

#### Step 1



Recognising what frustration feels like in your body. Do you feel hot, tense muscles, headache, fidgety, clenching fists?

#### Step 2



What is frustrating you? Think about the situation that you are in

#### Step 3

Come up with a plan. Do you need to talk away from the situation? Sit quietly for a minute? Go and speak to someone about what is bothering you

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By processing our thoughts it helps us get a clearer idea of what is actually happening to us right now and helps us to understand how we are feeling about the situation.

## Top tip

When you are feeling frustrated walk away from the situation, may be sit in the garden or in a quiet room and try the thought processing exercise.

Take some deep breaths and remember; the feeling will pass and things will be OK.

