

FRUS-TRA-TION

Noun—the feeling of being upset or annoyed, especially because of the inability to change or achieve something.

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What Causes Frustration? Frustration is simply caused whenever the results you are experiencing do not seem to fit the effort and action you are applying. Frustration will occur whenever your actions are producing less and fewer results than you think they should.

The initial reaction of most people is to work harder when they encounter frustration.

Although the intention to work harder makes sense, it often results in trying to spend more energy than we have available.

Why are frustrating problems more energy consuming than normal tasks? Because your action is not producing the results you expect, your brain naturally goes into full gear, rapidly consuming mental energy to solve the problem at hand. In this time it is very easy to run out of energy. When your energy stores are depleted this is when you become irritable, tired, stressed and sometimes even angry.

Dealing with Frustrations

1) RECOGNIZE THE MOMENT OF FRUSTRATION

Frustration isn't something that suddenly hits us out of the blue, it is rather something that builds up progressively over time. You have all

these expectations about how things should be, but for one reason or another doubts start to creep into your head. Being mindful of these feelings will help you capture the precise moments of frustration.

2) IMMEDIATELY GET CURIOUS

Get curious about this situation and about what exactly is getting you so worked up. Ask yourself what's working and what's not working for you. Moreover, figure out how exactly you are approaching this situation and whether or not this is actually the best approach to take.

3) GAIN SOME NEEDED CLARITY

It's time now to gain some clarity about what it is you want to achieve. In other words, what's your goal? What are you trying to accomplish? What is the outcome you would like to realize?

4) SHIFT YOUR PERSPECTIVE

Now that you have some clarity about what you want, it's time to challenge yourself to view your predicament in a more optimal way. In other words, it's time to shift your perspective of the situation and choose to view your frustrations as an opportunity or challenge to do things better.

5) THINK FLEXIBLY AND CREATIVELY

In order to work through your frustrations in optimal ways, it's vital that you think flexibly and creatively about your predicament. Maybe there is a better way to work through this that you hadn't yet considered? Or just maybe someone else can help you think things through a little differently?

6) WORK WITH PURPOSE

We all get frustrated from time-to-time. However, those who can take frustrations and lean in with purposeful action, can find a sense of relief from frustration and a sense of accomplishment.

Remember....

Frustration is a choice. You always have a choice of whether to deal with frustration or whether to allow frustration to get the better of you. If you choose to deal with frustration, then you effectively hold the power in your hands to influence the outcome of your experience. However, if on the other hand, you allow frustration to get the better of you, then you will struggle to achieve the desired contentment you are working so hard to attain.