

## Major Trauma Wellbeing Group

### Session Summary: Managing Frustration

#### Understanding frustration

Frustration is a normal emotion that occurs in situations where a person is prevented from reaching a goal. Feeling frustrated can help maintain our drive towards a goal. However, large amounts of frustration can be unhelpful. Frustrations can be internal and external:



#### External frustrations:

- Other people's actions
- Situational environment
- Anything outwith your control

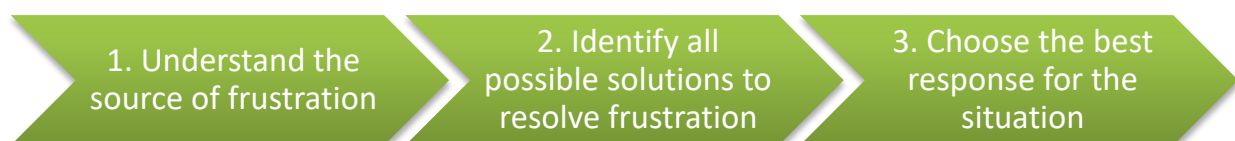
#### Internal frustrations:

- Struggles with attention or motivation
- Thoughts: "I can't do this", "I'm a failure".
- Low confidence or self esteem

#### Strategies for managing frustration

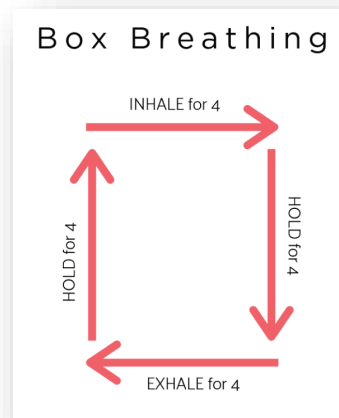
It's important to accept that some frustrations cannot be avoided or resolved, particularly when they are external. However, there are many strategies which can help to reduce internal frustrations. The best way to manage frustration will be different for each person and each situation. However, some helpful strategies can include:

#### Problem Solving Approach:



## Relaxation Strategies:

When feeling frustrated taking a moment to pause can be helpful. Try this breathing exercise:



## Stop→Think→Feel→Do:



Stop what you are doing and take a step back.



Think about what just happened/ notice your thoughts



Feel what is happening in your body (E.g. rapid heartrate, butterflies)



Consider your options and make an effort to choose what you do based on your goal/values.

## Top-Tips for frustration during recovery:

### Pace Yourself

- Recovery uses significant physical, cognitive and emotional resources. Therefore it's important to give yourself lots of time
- E.g. allow extra time for tasks, take regular breaks, step away and return to it later.

### Consider alternative approaches

- If something isn't working; using the same approach again is likely to increase frustration.
- Think about alternative solutions.
- Asking a friend or family member what they would do may provide different ideas.

### Choose a fair comparison

- Avoid comparing yourself to what you could do before your injury.
- Try to compare yourself to what you could do immediately after your injury instead of before (acknowledge your progress)

### Set realistic expectations

- Setting unrealistic targets or time-frames can lead to frustration or feelings of failure.
- Be realistic about what you can achieve and how long that may take.
- Break down your overall goal into small achievable steps.

## Goals

Goal-setting is essential to achieving positive outcomes in rehabilitation – we suggest that you make your goals “SMART”:

<b>Specific</b>	• Make it clear what you wish to work on
<b>Measurable</b>	• Work out a way of quantifying your success
<b>Acheivable</b>	• Your goal should be something you can plan to acheive
<b>Realistic</b>	• Practical in a way that can be attained in real life
<b>Time-Bound</b>	• Helps to make the goal more focused

### My Goal:

Choosing a goal can help you to develop a clear, achievable plan to work towards managing frustration. You may wish to write your goal here;

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If you have any questions about the Major Trauma Wellbeing Group please contact:

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