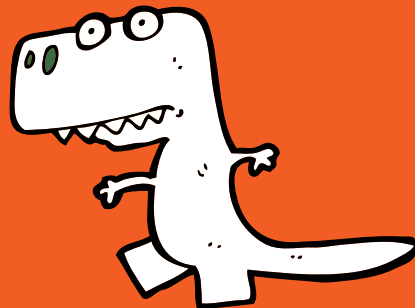


# MANAGING FRUSTRATION POINTS

A TINY GUIDE

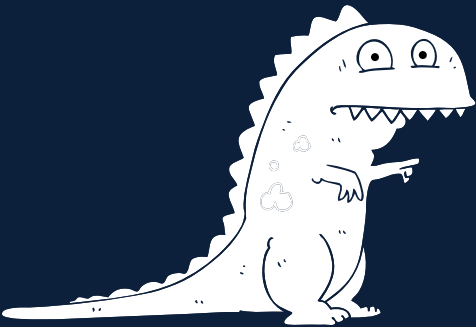


SOURCE MATERIAL BY  
**MEGAN  
SAXELBY**

**CREATING  
A CULTURE  
OF DIGNITY**

# FRUSTRATION POINT:

When you're annoyed  
because things aren't  
working out the way you  
want them to.



# Frustration Points can be anything...

insecurities  
academics  
hard conversations  
disagreements  
family  
athletic challenges  
trying something new

health issues  
conflicts  
social expectations  
identity  
friendships  
anxiety

things you are excited about  
things you can't control  
social interactions  
access to power/control



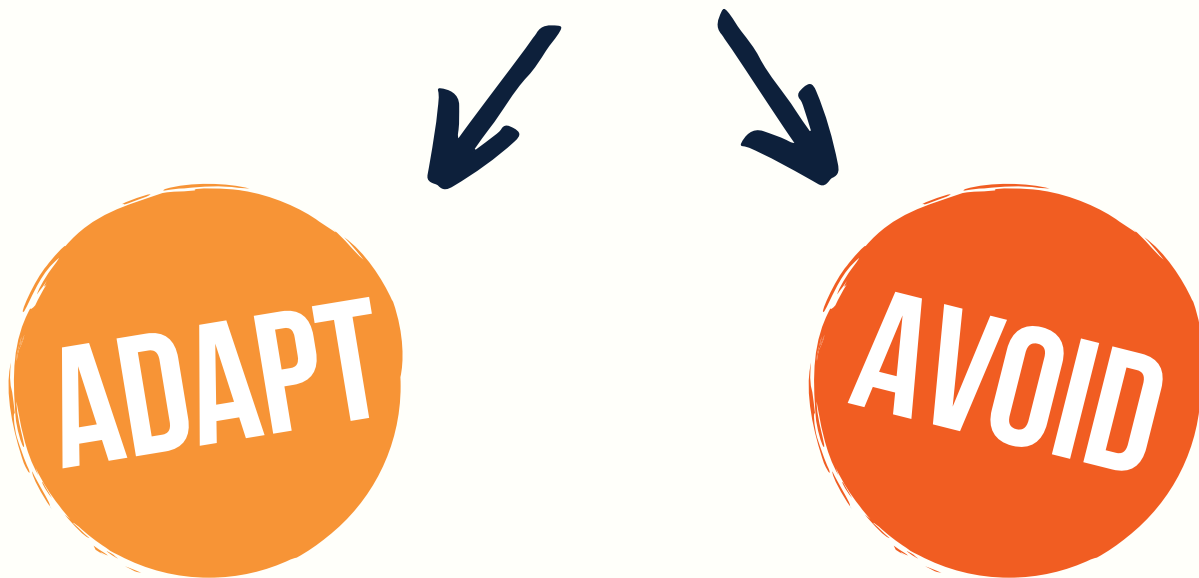
**You don't need permission  
to be frustrated.**

**It's how you react that  
matters.**

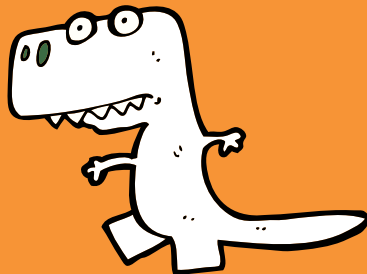
And you never know, other  
people might be annoyed too.

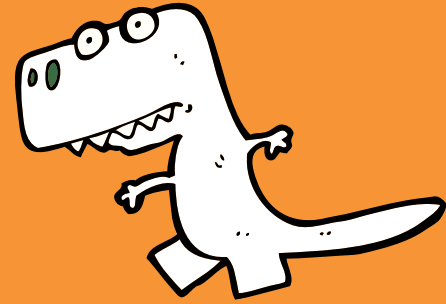


**There are two ways  
to respond to  
frustration points:**



# OPTION 1: AVOIDANCE





# WHAT'S AVOIDANCE?

Strategies that help you avoid dealing with the frustration point. They make you feel better in the short term but they don't solve the problem.



# AVOIDANCE LOOKS LIKE...

Going on Instagram for 2 hours.

Talking badly about someone on social media.

Gossiping to gather allies.

Not doing commitments or obligations and hoping no one notices.

Lying.

Rolling on the ground in a sweaty panic.

Blaming our problems on others.

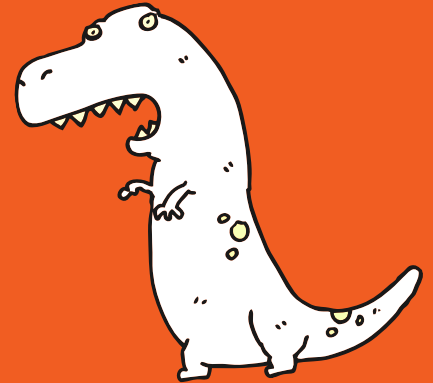




# OPTION 2: ADAPTING



# WHAT IS ADAPTING?



Adapting is finding strategies that effectively help you address the frustration point.



# ADAPTING LOOKS LIKE...

Talking out how you feel.

Telling a person you trust that you're stuck.

Journaling.

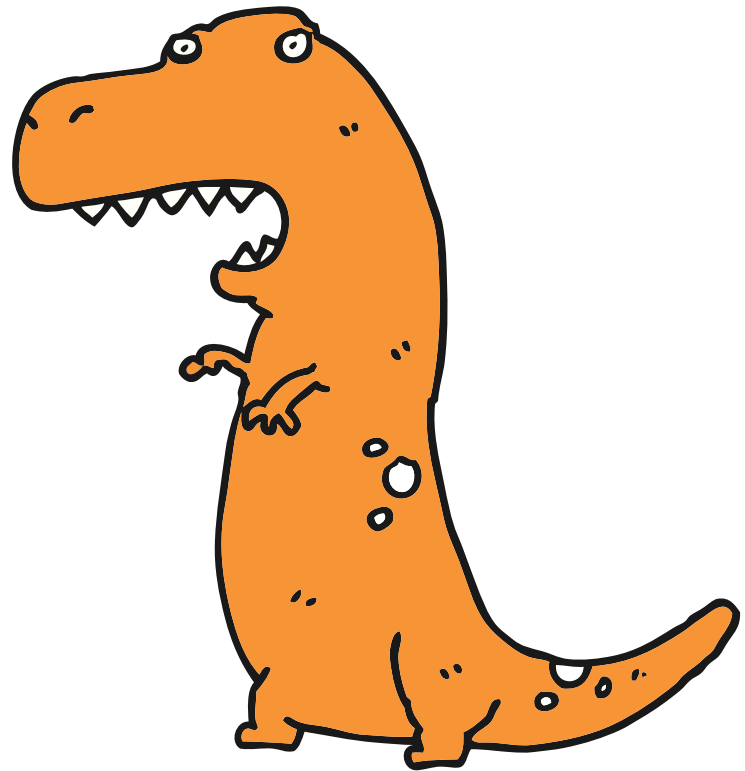
Coming up with a plan to talk to the person you're mad at.

Making To-Do lists when you're feeling overwhelmed.

Going for a walk to burn off some energy.

Standing up for your boundaries even if it's scary.

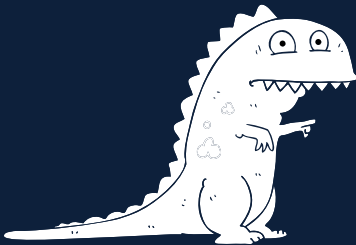




**Then... make a plan.**



Frustration is annoying  
but that doesn't mean  
there is something  
wrong with you.



**YOU MATTER.**

**YOUR FEELINGS MATTER.**

**OTHER PEOPLE MATTER.**

