

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #43: BREAK IT DOWN WHEN FRUSTRATED



“How we decide to react to what is thrown at us is what determines our level of happiness or frustration.” - Folorunsho Mejab

As the world waits for a sense of normalcy to return we are left feeling on edge and easily irritated. It's times like these that we need to reflect on how we want to acknowledge this and prepare a plan for how we will react in frustrating situations, because our reactions can determine our own happiness as well as those of the people around us.

Forgiveness is about letting go of anger or resentment towards yourself or others and is something that we should practice when in these frustrating situations. Unfortunately, it is at those moments when it is hardest to forgive. Taking a moment to break down the situation is a great way to defuse the frustration and let go of any anger.

Practice Forgiveness Today:



1. DURING MOMENTS OF FRUSTRATION TAKE A MINUTE TO BREATHE.
2. ONCE YOU'VE CALMED DOWN, GRAB A PENCIL AND PAPER, AND WRITE DOWN WHAT'S FRUSTRATING YOU.
3. THEN, BREAK DOWN THE SITUATION INTO STEPS OR COMPONENTS. THIS IS OFTEN A GREAT WAY TO MAKE AN OVERWHELMING TASK EASIER TO DIGEST OR HELP YOU REALIZE THAT THE SITUATION THAT IS MAKING YOU ANGRY ISN'T AS UNMANAGEABLE AS YOU THOUGHT.
4. TAKE IT A STEP FURTHER BY MAKING ACTIONABLE STEPS THAT YOU CAN DO GOING FORWARD.

Parent Practice Tip:

Breaking things down into steps is a great skill to teach your kids especially now when frustration may come more easily after so much time at home.

To Learn More:

Frustrated

Frustration: A Social Story.

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