

# Thrive 365 #12

## Did you know?

Frustration has two types - internal and external. Internal sources of frustration include difficulty achieving what we want to achieve or not fulfilling our perception of what we want to achieve. External frustration comes from situations outside of our control. For some people, frustration is the catalyst to propel them to make greater effort. For others, they may become angry or aggressive. So how do we achieve the former rather than the latter?

## What can you try?

### 1. Identify

Identify the source of your frustration. This sounds obvious, but sometimes we just feel the resulting emotion such as anger or annoyance. Trace it back to its source and deal with that rather than what it may have left in its wake!

### 2. Assess

If the source is external, really consider whether it is something that is within your control or influence. If so, work out your options and take an action. If it's out of your control, let it go by visualising it disappearing over the horizon or a similar image that works for you.

### 3. Connect with nature

If the source of the frustration is internal, spend some time journaling to work out any patterns to your thoughts and feelings. Really challenge your internal voice and ask questions such as 'Is this true?' or 'What evidence have I got for this opinion of myself?'

*We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.*

**TALKS**

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**TRAINING**

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