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## COUNSELOR CORNER ISSUE # 5 DEALING WITH FRUSTRATION

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I AM THE SCHOOL COUNSELOR  
AT BOTH PERUVIAN PARK  
ELEMENTARY AND SUNRISE  
ELEMENTARY. PLEASE REACH  
OUT IF YOU HAVE ANY  
QUESTIONS, OR YOU NEED  
SOMEONE TO TALK TO ABOUT  
HOW YOU ARE FEELING.

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### OBJECTIVES

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We can learn to

- Identify how frustration shows up physically
  - Demonstrate how to decrease feelings of frustration, using the Calming-Down Steps
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### WHY THIS MATTERS

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Many of us feel frustrated having to stay home due to COVID-19. Using the Calming-Down steps can ease our frustrations.

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## WHAT MAKES US FRUSTRATED? PHYSICAL SIGNS WE MIGHT EXPERIENCE

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Trying to learn something new can be frustrating. Many of us are learning to do new things recently, with having use Canvas, and do our schoolwork at home.

Doing something hard is frustrating. Again—for many of us, doing our schoolwork at home can be more difficult. If we have problems with a math question, it can feel more difficult to get the help we need.

Having unmet expectations is frustrating. Not being able to play with our friends, missing a vacation, and not being able to do many of our regular activities can feel very frustrating.

When we get frustrated some of us feel our muscles getting tighter, feel sick to our stomachs, or get a headache. Others might feel hot or be unable to think clearly. When we learn to use the Calming-Down steps when we're frustrated, these physical symptoms can start to go away.

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## CALMING DOWN STEPS

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- Stop—use your signal
  - Name your feeling
- Breathe deeply, (in through mouth, out through nose)
  - Counting, (try backwards, or by twos or threes)
    - Use positive self-talk

In addition to using the Calming-Down steps, we need to have patience with ourselves when we're learning something new, or trying something difficult. We also need to learn patience with others when they are annoying us. Being calm can help us have patience with ourselves and others.