

## EXERCISE:

# WHAT FRUSTRATES ME?

**Time Needed:** 5 MINUTES

**Location:** ANYWHERE

Take a deep breath right now. In and out.

Think about something that really frustrates you:

- Perhaps it is when you are running late for sports practice because your little sister wasn't ready.
- Or when you get a test back and got a lower grade than you thought.
- Or when a kid in your class raises their hand for every single question.
- Or when your parents say you have to go to a religious service in the morning and all you want to do is sleep in!

As you think about what frustrates you, observe where in your body you are feeling this experience. Do you feel it in:

- Your head?
- Your heart?
- Your throat?
- Your fists?
- Your stomach?
- Your whole body?

Do you feel hot? Do you get stiff? What happens to your breath?

Now, take a deep breath, focusing on the part of your body in which you are feeling the frustration. Take an extra breath and remember that right now you are just thinking about how you react.

Think about one thing you can do next time you feel frustrated by this situation to make you feel better. Perhaps this is:

- Taking a deep breath
- Moving around
- Saying something to yourself
- Using your words to express what you want to someone else
- Helping someone else