

Your Virtual Guide to improve your
Mental Health and Wellbeing.

Some signs of low tolerance to failure

This self-help guide was made to help
people with **mild to moderate symptoms**.

If you are not sure how you feel, ask for
a **Psychological Coaching** with our Clinical
Psychologists.



FRUSTRATION TOLERANCE

People with a high frustration tolerance can deal with problems successfully. People with low frustration tolerance can become frustrated by seemingly minor everyday inconveniences, such as traffic jams and noisy children. If that's affecting your life, there are things you can try that can help.

SIGNS OF LOW FRUSTRATION TOLERANCE

Low frustration tolerance looks a little different from person to person. But here are some common signs:

1. Impulsive attempts to "fix" a problem due to impatience rather than waiting for the problem to rectify itself.
2. Frequent procrastination due to inability to tolerate frustration associated with a difficult or boring task.
3. Irritability or anger over daily life stressors.
4. Exaggerating temporary discomfort.
5. Insisting on pursuing immediate gratification.
6. Giving up immediately when presented with a challenge or obstacle.
7. Thinking or insisting about the thought of: "I can't stand this".
8. Avoiding tasks that may cause distress.

CAUSES

There are a number of reasons why some people have a low frustration tolerance:

1. **Mental health problems.** Mental illnesses such as depression and anxiety, can lower a person's frustration tolerance. Studies have also shown that people with Attention Deficit Disorder tend to have lower frustration tolerance.
2. **Personality.** Personality also plays a part in frustration tolerance. Some people naturally tolerate frustrating circumstances to a greater extent than others.
3. **Belief systems.** The beliefs we hold also play a role. A person who thinks things like "Life should be easy" or "Other people should always meet my expectations" will be less tolerant towards everyday stressors.

RECOMMENDATIONS FOR BUILDING FRUSTRATION TOLERANCE

1. **Accept difficult situations.** Feelings of frustration are fueled by thoughts like "This stuff always happens to me!" or "Why does the traffic have to be so bad every day, this is horrible".

Respond to exaggeratedly negative statements with more realistic statements. Instead of thinking about the unfairness of traffic jams, remind yourself, "There are millions of cars on the road every day, traffic jams will happen".

When you realize you are thinking about the unfairness of life, consider whether it is a situation you can change or whether you need to change the way you respond to it. If the situation is out of your control, focus on acceptance.

2. **Have confidence in your own abilities.** Frustration can arise from doubting your ability to tolerate distress. Thinking "I can't stand waiting in line" or "I'm too overwhelmed to try again" will increase your frustration.

Remember that you can cope with distressing feelings. Whether you take a deep breath and try again, or count to 10 when you feel upset, you can try good coping skills that will help you deal with frustration in a healthy way.



3. **Teach yourself how to calm your body.** Feelings of frustration can cause physiological symptoms, such as increased heart rate and increased blood pressure. The changes in your body can cause you to doubt your ability to cope with frustration, which can lead to a vicious cycle that is difficult to break.

Experiment with different relaxation strategies (you can search for videos on YouTube) until you discover what works for you. Then, when your feelings of frustration start to increase, you can take action and calm your own body before the symptoms become too intense.

4. **Practice frustration tolerance.** Like any other skill, frustration tolerance takes practice. Start by taking small steps and work on practicing your skills.

Purposefully do something that is mildly frustrating, such as working on a difficult puzzle or waiting in a long queue. Manage your internal dialogue and use healthy coping skills to deal with your feelings.

When you are successful in managing your frustration, you will gain confidence in your ability to tolerate distress. Over time, you can gradually expose yourself to increasingly frustrating situations.

