



そうだんしつだより



とくべつごう
特別号

How to Handle your Frustration

Everyone can get frustrated when you cannot do what you routinely used to be able to do and that situation lasts for a long time. It is not bad to feel anger, but if you are able to control your anger a little bit, your daily life can be a little more enjoyable.

Training for Controlling Your Anger

① 1, 2, 3, 4, 5... count as slowly as possible.

If people can contain their temper for the first six seconds, they can calm down little by little.

② Take a deep breath, then exhale slowly.

③ Leave the place where you are.

When you move to different place, it is easy to refresh yourself.

④ Drink water or tea.

If you drink hot tea, it will warm up your heart.

Training for Blowing off Steam

There are some "things" or "actions" you can do that are acceptable for blowing off steam.

① Roll old newspaper, or tear it.

② Hit pillows or cushions.

③ Yell into a pillow or a cushion.

④ Write whatever you are thinking in a notebook or on paper.

Determine What Brought You to the Limit of Your Patience

• What are the reasons for your anger or frustration? Write them down.

If you know the limits of your own patience, you can calm down.

Reference :

『イラスト版 気持ちの伝え方 コミュニケーションに自信がつく44のトレーニング』高取しづか

"Illustrated Version How to Convey Your Feeling, 44 Trainings for Making You Confident with Communication Skills" Shizuka Takatori