

FACT SHEET:



ABIOS

Acquired Brain Injury Outreach Service

Category:

Life After ABI

Study Skills

Audience:

Person with an ABI

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Reviewed July 2017

For review July 2018
ABIOS Occupational Therapist

Study Skills: Frustration

Introduction

Following an acquired brain injury, many students experience difficulties with frustration and anger. For example, you may be experiencing some of the following problems:

- becoming irritable and losing your temper easily when others would try a different approach or ask for help
- becoming frustrated when you can't complete a task or when a task takes you much longer than you think it should



Strategies:

The following strategies may assist students who are having difficulties with their level of frustration and managing the impact of that on their study goals and interactions with others:

- Keep a detailed account of when you get frustrated and why. This may help you to identify some specific situations that trigger your frustration.
- Devise a step-by-step process of what to do when you start feeling frustrated and angry (that is, prior to an outburst).
- Scan the environment for cues as to appropriateness and inappropriateness of your behaviour e.g. facial expression of other people, "be quiet" signs.
- Employ relaxation strategies such as scheduling pleasant activities and breathing techniques (also refer to the ABIOS "Relaxation after ABI" fact sheet).
- Set expectations for yourself that are realistic and flexible.
- Discuss your feelings and frustrations with a person that you feel comfortable with. You may wish to discuss previous situations and possible strategies which may help you cope in the future

