

FRUSTRATION CAN BE RISKY



When we are frustrated, irritated or discouraged, we are more likely to...

- Rush
- Be distracted by our thoughts
- Take shortcuts
- Overlook hazards

...and spend time in medical care for an injury!

It took 10 months for me to learn to tie a lace; I must have howled with rage and frustration. But one day I could tie my laces. That no one can take from you. I profoundly distrust the pedagogy of ease.

--George Steiner

MOVE WELL TO STAY WELL

Walk at appropriate speeds

Test footing before committing weight

Use railings on stairs

Use mirrors at corners

Reduce over-striding

Look before moving

Wear the right footwear

Avoid sudden turns or pivots

Watch for hazards or changes in conditions

RELAX AND STAY SAFE

- Take several deep breaths to calm your mind.
- Share your frustration with a friend, coworker, supervisor, or employee assistance program (EAP)
- Write or journal about your frustration
- Learn new stress management skills through LifeMatters EAP or with a StayWell health coach
- Seek the help of a professional if your frustrations are becoming difficult to manage.

RESOURCES

LifeMatters EAP - 800-657-3719 - www.mn.gov/EAP

StayWell - 855-428-6320 - www.mn.gov/StayWell