

# Handy Hacks: Frustration

## Map the Obstacles

Imagine you're on a quest, like those epic RPG video games, only the boss you're battling is your own frustration. To defeat it, you need to know what's standing in your way. Calmly think: What's stopping you from completing the quest (your progress)?

- List out what's causing the snags. Is it the never-ending group project? The traffic jam that won't quit?
- Decide what's within your power to change and what requires help from a co-player (friends, mentors).
- Make a game plan, set mini-quests (goals), and tackle them one by one.

Here's an example to illustrate how you can do this -

Imagine you have to finish a major project that's due in two weeks. You've been feeling overwhelmed, and frustration is setting in. It's time to map your obstacles and create a strategy.

### **1. Map the Obstacles:**

- Obstacle 1: Lack of time due to other assignments and social events.
- Obstacle 2: Feeling stuck on where to start the research.
- Obstacle 3: Group members not responding to messages or not contributing enough.

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## **2. What's Within Your Power:**

- Obstacle 1: You can create a detailed schedule to manage your time more effectively.
- Obstacle 2: You can start by searching for articles, brainstorming ideas, and asking your professor for guidance if needed.
- Obstacle 3: Message your group again, set up a meeting, or take on the bulk of the work yourself to keep things moving.

## **3. Game Plan:**

- Mini-Quest 1: Break the project into sections (research, writing, editing) and dedicate one hour a day to each part.
- Mini-Quest 2: Reach out to a group member for a quick catch-up and assign each person a task, aiming to check-in every 2-3 days.
- Mini-Quest 3: Write the first draft of the introduction by the end of the week.

By mapping the obstacles and creating smaller, achievable tasks, the project no longer feels overwhelming, and you'll be on your way to completing your quest with clarity and purpose.