

Handy Hacks: Frustration

Practice Self Compassion

(Like youre talking to your best friend)

When frustration hits, it's easy to spiral into "I'm-the-worst" mode. But pause. Would you say that to your best friend? Didn't think so. Practice reframing those self-critiques:

From: "I always mess things up."

To: "This setback is just part of learning. Even Sherlock didn't solve every case on the first try."

From: "This is so unfair, I give up."

To: "Life throws curveballs, but I'm learning to adapt."

From: "I'll never get this right."

To: "Every pro was once a beginner. Even Virat Kohli didn't master his cover drive overnight."

From: "Why is this happening to me?"

To: "Okay, plot twist! This might be my chance to learn patience or find a better way forward, like any good K-drama hero."

From: "I'm stuck and there's no way out."

To: "Feeling stuck is just a pause between scenes. The solution might be one chai break away from popping into my mind."

Remember, being kind to yourself doesn't make you any less of a go-getter. It makes you resilient—like a willow tree bending in the wind but never breaking. And helps you navigate challenges with kindness and resilience, rather than self-criticism or emotional overwhelm.