

Handy Hacks: Frustration

Splash That Face

It might sound like something out of a dramatic movie scene, but trust us, it works.

When frustration starts bubbling like a pressure cooker during finals week, head to the sink and splash your face with ice-cold water.

Why?

This helps cool down your racing heart and gets your breathing back on track. By easing the physical symptoms of frustration, you can interrupt the feedback loop in your brain. Think of it as hitting the reset button on your emotional state.