

# Handy Hacks: Frustration

## The Timeout Technique

Frustration often comes from feeling like you're losing control. Enter - The Time-Out Technique.

1. Picture yourself as a coach calling a "time-out" mid-game.
2. Step away from whatever's making your blood pressure do the cha-cha.
3. Take five minutes to breathe, stretch, or listen to that feel-good playlist (hello, top hits from your favorite K-dramas).

When you're calmer, take a minute to Sherlock your frustration:

- What set you off, and how can you come at it from a new angle?

It's a mental strategy timeout so you can walk back into the game feeling like the MVP of your own peace of mind.