

Handy Hacks: Frustration

The Wall Push

Frustration got you feeling like you want to punch a pillow or scream into the void? Try the Wall Push instead.

Place your palms on a sturdy wall and push as if you're reenacting an epic superhero moment. Keep going until your muscles tremble slightly—that's your body letting go of all that pent-up frustration. It's like an intense arm wrestle with your frustration, but spoiler: ***you always win.***

Here's a [video](#) to illustrate better.