DEALING WITH YOUR FRUSTRATIONS

Follow these five simple steps in the 'T.H.I.N.K' process, to help with your frustrations.

Take A Moment:

Take a moment to think about your frustration and understand the reasons of why you feel like this, an outburst can cost you your goodwill. Remove yourself from the environment temporarily if needed, this will give you that moment to think on your next action.

How Are You Feeling:

Explaining how you feel and opening up can give you distance and a better understanding on the response you should have.

In The Moment:

Dealing with your frustration, in the moment it happens take deep breaths the common phrase in through the nose out the mouth really does help, ground yourself and focus on anything around you like certain objects to take your mind off the situation , giving you that time to follow the steps in the 'think' process.

Need To Talk:

Talking to the right person at the right time can relieve the pressure and weight off your shoulders, getting your situation resolved promptly stops the frustration growing. Approaching the manager who you feel you can talk to most allows you to notify them at the right time of frustration, every frustration has a reason behind it. Your managers are there to deal with this and find out the reasons to resolve any matters. Just by being heard can solve the frustrations instantly, we are here to listen.

Know Your Next Move:

Ask yourself how much this will matter to you tomorrow, next week in a month or a year ? This will determine how you react and your emotions. Its important to know the route you take with any frustrations , following these steps can help you to stay calm and help to resolve any issues, if you have followed these steps and approached your managers first , you will need to agree on mutual time scale and give them the opportunity to resolve, if feel you still have frustrations and actions haven't been taken, you can follow this process up to the directors Mark & Justin who will also take these steps with you to help sort any issues.