

Parent Frustration: What triggers you?

Anger and **frustration** are common emotions people feel at all ages. Often times before we get angry, an event “triggers” us or causes us to become angry. What causes us to become angry or frustrated may change as we get older and be different for children and adults.

Due to COVID-19, a lot of people’s lives have been changed. Many people have had to make changes to their daily routines, which may make us more easily frustrated. Not knowing what tomorrow might look like could cause us to be very stressed and lead to more frustration.

Some things that may trigger you before COVID-19 may have included:

- Stress from work
- Being very busy
- Kids not listening
- Traffic



Now that you have had to make some changes due to COVID-19, you may be experiencing some of the following things that may trigger you as a result of the new circumstances:

- Not working
- Worried about bills
- Cooking/going out to eat
- Kids not listening
- Not able to get a break/step away
- No time to for yourself
- Taking on the role of a teacher
- Exhaustion



It is important to know what YOUR triggers are, they are different for everyone. Once you know what makes you easily stressed/angry/frustrated, you can create some activities to help you calm down and become less likely to be angry the next time.

Coping with Covid-19: What can you do right now?

- * Create a routine. Make a visual schedule, follow it, and check off items as you go to help provide structure to your daily activities.
- * Take a break. Set aside time in your schedule for you. Use this time to be alone and do something you enjoy or just enjoy doing nothing.
- * Remind yourself you are doing the best you can and you are not alone.

Now that you know what “triggers” you, what can you do about it? Here is something you can do to calm down:

Sit in a comfortable position. Close your eyes and take 3 deep breathes in and out. Now open your eyes and look around.

Name out loud:

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

You can also do things with your children to help calm down and stay relaxed:

- **Hand massages.** Use lotion or oil and take turns massaging each other’s hands.
- **Sound Search.** Everyone sits still and takes turns identifying as many sounds as possible
- **Play a game.** Play Simon Says, Follow the Leader, or Eye Spy
- **Tell stories.** Each person takes turns telling stories or go around the circle and each person adds one part to one big story.
- **Listen to music.** Play your favorite music to help you loosen up and dance!

