

5 Tips TO BEAT Frustration



WORKBOOK

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When I started having pain in my knees from what I found out later was arthritis, which came about from all the aerobics I used to teach when I was active-duty Air Force and the countless hours running, I knew then and there I would overcome it. My doctor gave me pain medication, but I didn't want to take it, so I asked what else I could do. She said instead of walking so many miles, to try the elliptical machine. And that has helped tremendously. I'm not sure I would go as far as saying I beat arthritis, but I would say I am indeed beating it, because I refuse to simply accept living a life of less than. I'm not telling you what to take or not take or what to do or not do regarding arthritis or anything else in your life. That's not my aim. I am simply giving you an example of how I dealt with it. We are different and what works for me may not work for you. I'm just sharing part of my journey, is all. Another point is that I am not frustrated anymore by the pain. I have developed solutions to problems, situations, and circumstances. And I am here to encourage you to do the same. Whatever that means to you.

This workbook and video mini-class are to help you "beat" frustration, which is crucial for various reasons, as it significantly impacts mental, emotional, and physical well-being. Frustration can lead to stress, which, if chronic, has detrimental effects on our overall health. And it can hinder productivity and creativity. We don't want that. We shall overcome.

On the next few pages of this workbook, you will learn more about overcoming any frustration in your life, so you can do what God said you would do: Be fruitful and multiply (Genesis 1:28) by using your gifts, which will make room for you (Proverbs 18:16).

5 Tips TO BEAT Frustration

The 5 tips to beat frustration in order to soar and win:

1. Learn from Mistakes
2. Become Better, Faster, & Stronger
3. Seek Patience Over Progress
4. Develop Enhanced Emotional Health
5. Chase Peace, not Power

NOTES

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

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1. Learn from Mistakes

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2. Become Better, Faster, & Stronger

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3. Seek Patience Over Progress

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4. Develop Enhanced Emotional Health

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5. Chase Peace, not Power

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Growth v Fixed Mindset

Aspect	Growth Mindset	Fixed Mindset
Challenges	Embraces challenges as opportunities to learn and grow.	Avoids challenges to prevent failure or looking incompetent.
Setbacks	Views setbacks as opportunities for improvement; persists through difficulties.	Takes setbacks personally, may give up easily when faced with obstacles.
Effort	Sees effort as a path to mastery; believes improvement comes with hard work.	Prefers tasks that come naturally and may avoid putting in effort.
Feedback & Criticism	Welcomes feedback as a way to learn and improve; values constructive criticism.	Takes feedback personally; may ignore or reject criticism.
Success of Others	Inspired by the success of others; sees it as a source of motivation and learning.	Feels threatened by the success of others; may view it as a reflection of their own shortcomings.
View of Talent	Believes that abilities can be developed and expanded with dedication and effort.	Attributes success solely to innate talent; tends to avoid activities that don't come naturally.
Adaptability	Adapts well to change; sees change as an opportunity for growth.	Resists change; prefers stability and avoids situations outside the comfort zone.

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The bottom line is that mastering the art of beating frustration is not just a personal triumph; it's a gateway to a healthier, more fulfilling life. The impact of frustration on our mental and physical well-being cannot be overstated. By developing effective coping mechanisms, we can mitigate the negative effects of frustration and stress, paving the way for a more balanced and resilient YOU.

Just as a reminder, by overcoming and beating frustration, we can be fruitful and multiply: **Genesis 1:28**, *Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."* And use our gifts, because they will make room for us: **Proverbs 18:16**, *A man's gift makes room for him, and brings him before great men.*

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*If you want to speak with confidence and join a powerful tribe/
community of women, start by scanning the QR Code to find out more*



Sharon, the Faith Coach, Speaker, Trainer, Entrepreneur, helps and equips Christian female professionals to use their God-given gift to serve, speak with confidence on and off the live/virtual stage, and obtain their speaker certification in order to walk in faith and freedom.



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