

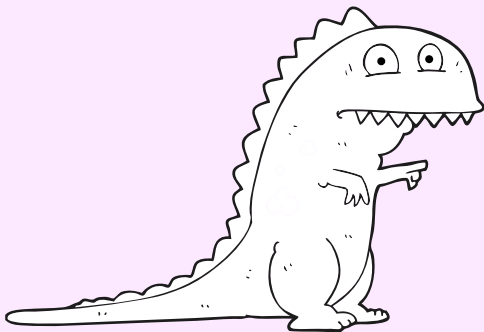
UNDERSTANDING METACOGNITION



FRUSTRATION
POINTS

FRUSTRATION POINT:

When you hit a moment that
causes cognitive discomfort
that you have to strategize
around



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Frustration Points can caused be anything:

Academics

Insecurities

Access to power/control

Hard conversations

Disagreements

Social interactions

Conflicts

Athletic challenges

Health issues

Family

Anxiety

Identity

Social expectations

*Things we are excited
about*

*Things you cannot
control*

Friendships

Dogs not listening to you

Trying something new

and not being good at it

The list goes on and on

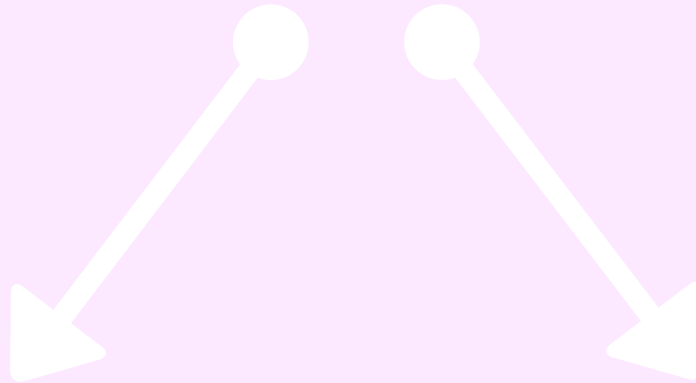
They might bother other folks too or just you.

You don't need permission to be frustrated.

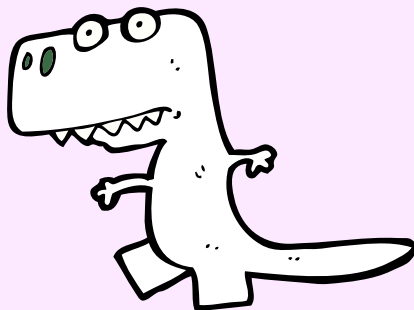
It's how you react that matters.

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**There's two ways to
respond to frustration
points:**



Adapt



Avoid

Adapting

**strategies that help you address
the frustration point productively**

Talking out how you feel with another person

Emailing a teacher if you are stuck.

Coming up with a plan to talk to that friend you are mad at

Journaling when you're feeling a lot of stuff

Making To-Do lists when you are feeling overwhelmed

Going for a walk to burn off some energy

Standing up for your boundaries even if it hard or scary

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Avoidance

strategies that help you avoid dealing with the frustration point, but make you feel better in the short term

Talking smack on social media

Going on Instagram for 2 hours

Gossiping to gather allies

Not doing the work and hoping no one notices

Blaming our struggles on others without thinking them through

Lying

Rolling on the ground in a sweaty panic

When you are frustrated, feel all of your feelings:

You can pay attention and listen to feelings without obsessing about them.

Feelings are a helpful guide post and often an important indicator.

Then, make a plan

You matter. Your emotions matter. You are so rad.

Frustration is annoying, but doesn't mean there is something wrong with you. Take a breath and make a plan.

Remember, frustration isn't permission to treat other people badly.

Start thinking about how you respond when you are frustrated. Adapt, don't avoid.

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