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## Making Frustration Work For You

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Caregiving can be a stressful and demanding role. Many people caring for a dependent adult become frustrated, resentful, or angry at one time or another. These feelings may be fleeting, or they may last for a while. Either way, these feelings can be disturbing for the caregiver.

Angry feelings are okay. Anger is a healthy, normal emotion triggered by an event. Our response to an-

gry feelings determines whether anger becomes a positive or negative force.

An awareness of our first thoughts of frustration can warn us before frustration turns into anger and anger escalates.

## Warning Thoughts and Feelings

“She wanted to hurt me.”

“She knows better.”

“He doesn’t care about me.”

“I am so tired.”

“It always takes too long.”

“No one cares if I do it all.”

Using anger constructively requires us to stop and calm ourselves during the first stages of anger.

## Calming Techniques

Looking at the situation another way

Remembering the good times

Participating in physical exercise

Calling a trusted friend who is a good listener

Making changes

Losing control is sneaky. We may not even recognize anger in the first stages. And, before we know it, our feelings of anger have escalated and we say and do things we later regret.

## Making Amends

Show respect. Discuss the issue without blame or put-downs.

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