

3 Practical Tips for Reducing Everyday Frustrations

Description



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Unfortunately, life is always going to contain assorted frustrations, setbacks, and incidents that can really put a damper on things, and that can make the experience of everyday life pretty frustrating to say the least, from time to time.

Fortunately, there are all sorts of different avenues open to us for dealing with more serious and one-off issues. Good attorneys can very effectively help with things such as [bicycle accident claims](#), for example.

But what about those everyday frustrations that aren't quite as dramatic? Things like constant exhaustion, analysis paralysis, and so on?

Here are a few practical tips for reducing everyday frustrations.

Focus on getting a few key habits right, rather than setting dozens of goals and aiming to do everything

There are definitely some significant upsides to being ambitious, but there are also various potential pitfalls as well.

Both James Clear, author of "Atomic Habits," and Scott Adams, creator of the Dilbert cartoons, have advocated in recent years for [abandoning the idea of goal setting](#), and focusing on

“systems” instead.

Part of the argument goes that when we set ourselves a bunch of goals, we put ourselves in a state of constantly craving what we don’t have, with our sense of well-being depending on factors outside of our control.

If you try to do everything, and set yourself dozens of goals to work towards, there is a very good chance you will become completely overwhelmed, and will lose sight of the big picture “ not to mention the small blessings of everyday life.

Focus on nailing a couple of key daily habits that can help to keep you on track, rather than trying to achieve a bunch of lofty goals.

Do what you can to get more sleep

Sleep is an interesting thing, because it can quite easily end up feeling like kind of an “optional luxury.” When you’re asleep, you’re not exactly being productive “ and with the assistance of things like strong coffee, it’s possible to make it from day-to-day on less than the recommended eight hours per night.

When you are sleep deprived, however, you’ll become stressed significantly more easily, your health and immune system will suffer greatly, you’ll be more likely to snap at people you care about, and your experience of everyday life is not likely to be too great overall.

So, do what you can to get more sleep. Make it a [New Year’s Resolution](#).

Do things every day that help to remind you to get out of your head, and into your body

The ability to think things through and make plans is a very valuable thing “ and yet, getting too caught up in your own thoughts can significantly increase your baseline stress levels, while also getting in the way of your ability to effectively deal with the challenges that arise.

Do some things every day that help to remind you to get out of your head, and into your body.

Physical [exercise](#) is a great one yet. Some people find that things like cold showers are also helpful.

Either way, don’t give in to excessive rumination.

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