



PSYCHOANALYTIC THERAPY & RESEARCH CENTER

REGISTERED PUBLIC CHARITABLE TRUST - REGN. NO E- 4971

India's Premier Training Centre for Child & Adult Therapy



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FRUSTRATION

in the time of COVID 19

For more information on PTRC : www.psychoanalysis-mumbai.org

Frustration is an emotional response to deprivation and helplessness.

At this time, we have been suddenly and drastically deprived of many freedoms that we never fully realised we had.



There is so much that is not in our control these days. The world has suddenly turned into a very strange and dangerous place. We are being asked to lock ourselves away from it in order to keep ourselves and others safe. This is probably the most completely disruptive experience any of us have ever been through. It can be frustrating not to be able to do so many things that were part of our lives.

Frustration is an emotional response to deprivation and helplessness. At this time, we have been suddenly and drastically deprived of many freedoms that we never fully realised we had. The freedom to go out of our homes, meet our friends, our family, do our work, go shopping, go out to a movie... Many people are feeling that we have no choice in the matter and are helpless.

This is normal and easy to understand.

So, how DOES one deal with it.

Talking to a trained counsellor can be very relieving and will help support you as you face the difficulties of your particular situation.

It is helpful to start by being aware of how one is feeling and what one is thinking before one can find a good way to proceed. It can be a relief to occasionally blow off some steam, but remaining angry and resentful and frustrated without any attempt to manage it would be as troublesome as the current lockdown.



Much of the frustration may be accompanied with anger at those who we hold responsible for our frustration, but that's not the only target of our upset. Since we can't reach anyone in actual charge of this situation, we may find ourselves losing our temper with whoever is around, our family, our children.

A big part of feeling frustrated is the angry feeling of grievance. That one is being asked to pay too big a price, that one should not have to give up so many comforts and conveniences. One may be tempted to just demand an end to the situation, without considering the possible risks. It is normal to feel like that occasionally.

A useful way to feel less helpless is to take a fresh look at the whole thing. The lockdown, however difficult and uncertain, is, at this time the only way we know to prevent and reduce large scale infections and casualties.

This is possible ONLY because you and others have made the effort to make it possible. Far from being a passive prisoner, you are one of the many people all over the world who are doing their bit by keeping themselves and others safe. You are doing this at great personal cost. This is not a state of helplessness.

Here are a few pointers that you may find helpful.

- 1. Change the way you think about your current situation, from feeling trapped and helpless to being a vital active part of the tough fight against the virus.*
- 2. Stay closely in touch with the people who will support and encourage you in this time.*
- 3. Avoid dwelling for too long on what you can't do and look for something you CAN do.*
- 4. If you are feeling overwhelmed in any way, consider reaching out to one of the many special helplines available. Talking to a trained counsellor can be very relieving and will help support you as you*

