

Irritation Toolkit

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1 Why We Get Irritated

People have various levels of tolerance for different triggers. Some reasons we might get irritated are:

- Stress
- Lack of sleep
- Physical discomfort (Hunger, thirst, being too hot or too cold)
- Frustration
- Inconsiderate behavior
- Loud or annoying noises
- Crowds
- Traffic jams
- Technological issues
- Repetitive tasks

- Uncertainty
- Negative people
- Physical pain
- Hormonal changes
- Personal issues
- Environmental factors
- Change and adaptation

2 Some General Advice

- Do not make any important decisions when irritated, if possible.
- Try not to lash out on loved ones or people who are not at fault. Communicate your feelings.
- Treat yourself as if you were a toddler, and you don't know why the toddler is in a bad mood.
- Be patient with yourself. It is normal to feel irritated sometimes.

3 Getting to Know Your Triggers

Step 1: Recognizing Your Triggers

When you are irritated, it is easy to lash out at your loved ones. Some ways to help you recognize your triggers:

- Identify specific situations and people.
- Keep a trigger journal.
- Get feedback from others.

Step 2: Action Plan

Once you have identified your triggers, you can make an action plan.

1. Actions to prevent being irritated: For example, plan ahead to avoid irritants like hunger or exhaustion.
2. Coping strategies: Plan activities that will help improve your mood when you are still irritated.

4 Coping Techniques

4.1 Self-Care and Immediate Relief

- Take a hot shower.
- Eat something you enjoy, or treat yourself to a takeaway.
- Drink a glass of water.
- Take a nap or go to sleep early.
- Take a "time-out" and be alone for a while.
- Engage in physical exercise.
- Listen to music.
- Spend time with your pet.
- Practice deep breathing or meditation.
- Try journaling.
- Use distraction techniques.
- Try puzzles, games, or stress balls.
- Watch funny videos or memes.
- Coloring books.
- Pursue a hobby you enjoy.
- Use noise-canceling earphones to block noise.

4.2 Irritation Prevention & Planning

- Carry snacks and a bottle of water with you to keep your energy levels up.
- Plan time for yourself during the day to prevent feeling overwhelmed.
- Buy noise-canceling earphones if noise makes you irritable.
- Ensure you get enough sleep.
- Prepare tasks for a traffic jam, such as listening to music or podcasts.