

## Mind Matters

## Ways to develop mechanisms to cope with irritation



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How can I handle my frustration when plans change and avoid conflicts with others? I find it disturbing as plans are set to follow. Why do I feel this way, and how can I resolve this issue?

Feeling irritated when things don't go our way is a perfectly normal human emotion. However, if we find that our irritation is interfering with our lives or relationships, it's important to understand the underlying reasons for it and develop coping mechanisms.

There are a few common reasons why we might feel irritated when things don't go our way. One reason is that we have a strong need for control. When we feel like we're not in control of our lives, we are experiencing a feeling of loss.

Another reason we might feel irritated is that we have unrealistic expectations. If we expect things to be perfect all the time, we're setting ourselves up for disappointment. When reality doesn't meet our expectations, it can be difficult to cope.

Similarly, some are more comfortable with predictability and routine. When things don't go as planned, it can create a sense of uncertain and anxiety. This can lead to irritation and frustration. Additionally, when our strongly held beliefs or values are contradicted by the actions of others, it can trigger a strong emotional response.

Finally, the need to control also arises from not trusting others to do things the way we want it to be, which is also rooted in not trusting oneself.

The thumb rule is there is not just one way to do things. Therefore opening yourself to see more perspectives and angles to the situations helps you feel less stringent. Mentioning this, there are a few things we can do to cope with irritation when things don't go our way. First, it's important to identify our triggers.

Once we know what our triggers are, we can start to develop strategies for coping with them. Ask yourself, 'Why?' Why should I have to tell this person to do something? Why do I feel the need to exert control over this situation? After you've questioned why, you can begin talking to yourself. Rather than falling to your controlling tendencies, you might address the "why."

Second, it's important to challenge our expectations. Are our expectations realistic? If not, try to adjust them. It's important to remember that we can't control everything in life. Acknowledge that there are aspects beyond our control and not everything will go according to plans can alleviate distress. Learning to let go of our need for control can help us to be less irritated.

Finally, if we're struggling to cope with irritation, it's important to talk to someone. A friend, family member, therapist, or counselor can offer support and guidance. Last but not least self-reflection, introspection is essential.

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(The views and opinions expressed in this article are those of the author and do not necessarily reflect the official policy or position of the Daily Tribune)

# Insurance nightmare

Victim shares harrowing account of uninsured school van collision

Zahra Ayaz  
TDT | Manama

A recent traffic accident involving an uninsured school van has left a 35-year-old man in a predicament, as the van's owner refuses to take responsibility for the damage caused.

The incident, which occurred on October 9, 2023, has raised concerns about the safety and accountability of vehicles operating without proper insurance coverage.

Speaking to The Daily Tribune, the victim shared his account of the incident. He stated, "On the 9th of October 2023, at 6:20 am, I was exiting my apartment's parking lot when I saw a school van passing by.

"After making sure no oncoming vehicles were to my left, I was about to merge onto the road. At that moment, the same school van unexpectedly reversed at high speed. I immediately honked in an attempt to alert the driver, but within a split second, the van collided with my car, causing damage and pushing it to the left."

The driver of the van quickly moved the vehicle away from the accident scene before the victim could capture photographic evidence. Engaging in a senseless argument, the driver claimed that the victim failed to notice his approach.

The victim considered contacting the authorities but was persuaded against it when the van



The victim is seeking justice and compensation for his damaged car



driver explained that he was in a rush to drop off children at school.

### Difficulties

Compounding the victim's difficulties, his insurance company informed him that his third-party insurance coverage did not extend to damages caused by other vehicles. Only with a full insurance policy would the repairs be covered.

The victim obtained repair quotations from local garages, opting for duplicate or second-hand parts, which amounted to approximately BD670.

However, due to the vehicle's age, only 50 per cent of the repair cost at an authorized Toyota agency would be covered under the Consumer Protection Board's rules.

In an effort to seek guidance and support, the victim shared his story online, where users offered

suggestions and empathy.

One user advised the victim to file a police report against the offending driver, highlighting the possibility of the driver facing jail time if he fails to pay for the damages.

Another user expressed concern over the school van's lack of insurance, emphasising the risk involved in transporting children without proper coverage.

### Complaint

Furthermore, a user suggested the victim include the school's name in the complaint, as schools can be held vicariously liable for the actions of their employees.

The victim expressed the difficulties faced by him and his family without a car, saying, "We are struggling a lot. We have to ask for lifts from friends

and rely on taxis. Our whole life is a mess now. No weekend outings, just trying to figure out what to do."

The victim has also consulted several law firms to explore legal options. While one firm requested an upfront payment of BD100 and a power of attorney, with further costs to be determined later.

Another firm advised the victim that legal fees, court fees, and expert fees could surpass the cost of repairing the car. Consequently, they recommended filing a police complaint and attempting to negotiate with the van owner once again.

The victim's plight has caught the attention of The Daily Tribune. As the story unfolds, it serves as a stark reminder of the importance of insurance coverage and the potential consequences of accidents involving uninsured vehicles.

## Capital Police arrests serial shoplifter



TDT | Manama

The Capital Governorate Police Directorate announced the arrest of a 29-year-old person after he broke into a number of restaurants and shops, stealing some of their contents, and damaged the security camera wires in these locations.

The estimated value of the stolen items was around BD4,000.

The directorate clarified that upon receiving reports of theft at these shops, search, investigation and inquiry operations were immediately initiated, including inspecting the sites and collecting necessary information.

This led to identifying the aforementioned person and arresting him. Initial information indicated that the person was wearing a face mask during the theft acts and that he had prior convictions in similar cases.

The Capital Governorate Police Directorate stated that legal procedures were taken and the arrested person has been referred to the Public Prosecution.

## BTEA plans underway to increase inbound tourism



Mr. Fakhro and Dr. Qaedi at the meeting  
TDT | Manama

The Board of Directors of the Bahrain Tourism and Exhibitions Authority (BTEA) held its regular meeting, chaired by the Minister of Industry and Commerce, Acting Minister of Tourism, H.E. Abdullah bin Adel Fakhro.

The meeting was attended by the BTEA's CEO Dr. Nasser Qaedi.

The meeting discussed topics on its agenda regarding the latest achievements in the tourism sector, while reviewing efforts underway to implement current and future tourism-related projects and events.

The board reviewed the outcomes of the recent visit to the People's Republic of China, where an MoU between the Ministry of Tourism and the Chinese Ministry of Culture and Tourism to enhance tour-



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ism cooperation was signed. It also reviewed the outcomes of the meetings held by the Authority with several leading tourism companies and tour operators in the Chinese market.

During the meeting, Dr. Qa-

edi presented an overview of several key tourism indicators for the period from July to September 2023, as well as BTEA's plans regarding marketing and promotional activities for the tourism sector, in addition to updates on the business plans of several tourism facilities.

Dr. Qaedi also reviewed a series of initiatives launched by BTEA during the third quarter of this year, and the planned implementation of tourism and entertainment events and programs during the fourth quarter.

The board meeting also highlighted the progress of work in several prominent tourism projects in the Kingdom, including Exhibition World Bahrain and plans to further activate the role of Vatel Bahrain - International Hospitality School, in line with global developments and the needs of the labour market.