

# Patience

**Impatience is a happiness killer!** Impatience is triggered when we become aware of the ever so increasing costs of pursuing our desires. Impatience oftentimes leads to rash decision making that can have terrible consequences.

According to Webster's Dictionary, patience is: bearing pains or trials calmly without complaint despite opposition, difficulty, or adversity. Developing patience is not easy! A direct outcome of developing patience is more joy, better relationships, and more success. However, most people are not born with patience. It is a skill that must be practiced and cultivated. Patience is choosing to be kind, calm, companionate, and hopeful, especially when it is easier not to be.

Ways to develop patience:

- ✓ Get comfortable with being uncomfortable. Many of us have the belief that all discomfort should be avoided. Discomfort often has its purpose, it pushes us to not only find solutions, but realize that we can still find joy during stress. However, this is hard and it takes patience to look for the positives during times of distress.
- ✓ Be curious: Be curious about what's actually happening during times of impatience. Notice your feelings and triggers. Is your discomfort familiar? Are there things you are doing, or ways you are thinking that keep impatience as a first reaction? Remember that it is not the actual external circumstance that causes impatience, it is your reaction to those external circumstances.
- ✓ Pause and breathe. While waiting, take a few deep breaths. This can actually slow down your nervous system and ward off irritation and anger. It can center you and invite calmer reactions. Take advantage of the time, like reading a book while waiting in line or calling a loved one while stuck in traffic... hands free of course.
- ✓ Shift your mindset. Assume that your impatient reaction is a sign that you need to take a break, slow down, and reset. Rather than viewing the situation as unfair, bad timing, something you deserve, or "this always happens to me," challenge your thinking to view the situation as recoverable, finite, happenstance, an opportunity or "not your fault."

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