



A RESEARCH SUMMARY

5 Powerful Ways Leaders Practice Patience (Llopis, 2013) Forbes Magazine <http://bit.ly/2TKoOPv>

You can build your patience muscles if you:

1. See through the lens of others
2. Evaluate tension points in an unbiased way
3. Listen and ask questions with a positive attitude
4. Don't run away from being responsible when you may be at fault

Patience – Don't Let Frustration Get the Better of You (Mindtools, 2019) <https://bit.ly/3bVf6Qz>

Impatience has its roots in frustration. Stress rises when we feel ignored or can't gain immediate access to data.

Make patience a habit and identify triggers to lower stress level.

1. Signs of Impatience - shallow breathing, muscle tension, rushing to do things.
Cardiologists Friedman and Rosenman coined the term "hurry sickness" after noticing many patients suffer from a sense of time urgency. They define it as "a continuous struggle to achieve or participate in more in less time."
People with hurry sickness think, talk, and act fast. They multitask and rush against the clock, feeling pressured to get things done, flustered by any sign of a problem. They're everywhere, too. The London Business School recently found that 95 percent of managers studied suffer from the condition. <http://bit.ly/2xCUoq3>.
2. Finding Causes: Identify impatience triggers, examine your actions, understand and be accountable for your response.
3. Managing the Symptoms: Try breathing techniques, intentional relaxation of muscles, slow down.

Spending 10 Minutes a Day on Mindfulness Subtly Changes the Way You React To Everything (Hougaard, Carter, & Dybkjaer, 2017) Harvard Business Review <http://bit.ly/3aTeeM6>

Mindfulness decreases activity in parts of the brain responsible for knee-jerk reactions while increasing executive functioning, the control center for thoughts, words and actions.

Relying more on this center of logical thought puts us in the driver's seat in our minds. It allows impulse control.

- Avoid reading email first thing in the morning - put more strategic thinking into your first 30-60 minutes of the day.
- Stop multi-tasking. Focus on a single task will lower pressure.

*The key to everything is patience.
You get the chicken by hatching the egg, not by smashing it open.*
Arnold Glasow, American humorist