

patience

the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.

Patience is more than just a heavenly virtue that few mortals can hope to possess. Even competitive, Type-A personalities who revel in rapid-fire decision making can learn patience and improve their job performance as a result. Practicing the art of patience at work can improve relationships with others, enhance decision making and lower stress. Although it seems counterintuitive, you may get more done if you pause long enough to listen and contemplate the world around you.

What is patience as it refers to the workplace? Workplace Insight describes patience as the ability to ask questions, wait for answers, consult with others and go with the flow. Instead of creating urgency where there is none, the patient person sits back and observes while thoughtfully considering a situation from multiple perspectives. Patience supports creativity, insight and rational judgment.

Patience is demonstrated by a calm demeanor, maturity and a positive attitude. Focus is on the here and now. When patience is modeled and valued in the workplace, problems can be openly discussed/solved without tempers flaring.

In a workplace environment where we value speed, tangible results and immediate decisions made, it may appear that there is no room for patience. Even though research shows that very few decisions in the workplace should be considered truly urgent, business culture seems to embrace the idea that "he who hesitates is lost."

Considering important judgements, negotiations and innovative ideas that may come up, it is important to practice patience so that we do better business and promote positive psychological and physical health in the workplace. To develop patience, we must know ourselves and be clear about our guiding principles, capabilities and limitations.

Understand the problem Identify the problem. What is upsetting you about the delay? There could be many reasons, dissatisfaction with the team, the loss of money, negative impact on others. No matter the problem, identify the source of the issue so that you can begin to deal with the problem.

In general practicing patience can:

- *Result in more realistic expectations and calm behavior
- *Limit the task build up, lack of attention and disorganization
- *Denote maturity, fosters consistent identity over time and encourage people to assume responsibilities
- *Build character and promote steadiness, perseverance, strength and humility
- *It has positive effects on physical and psychological health

And in relationships with others:

- *It creates a better work environment because it prevents brusqueness and unnecessary arguments.
- *It builds trust by facilitating understanding and collaboration, and it allows time for mistakes to be corrected or actions to be improved.

It's recommended to take a proactive approach to improving patience in the workplace by changing unhelpful behaviors and thought patterns that feed into impatience. For example:

- *Accept what you can and cannot control. Let the rest go.
- *Manage your job expectations and strive for realistic goals.
 - *Be kinder to yourself and others.
 - *Strive for balance and positivity in your job.
- *Set work priorities and stop doing unimportant tasks that aren't really necessary.

Patience is a great distinction between a skilled and an incompetent employee. If you want to become efficient, regardless of situations, you must exercise patience without motivation. The quality of bearing difficulties at work while showing calmness leads to endless success, bringing in greater career opportunities. Studies on patience have showed the positive effects it can have on creativity, product quality, teamwork and productivity as well as the long-term feasibility of companies.



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