

7 ways to **Restore Your Patience**



The Power of Patience

We all understand the need for self-care—taking mental health days, getting pampered, meditating, and practicing mindfulness, to name a few. What can we do during the workday to give ourselves a patience refresh to help us get through hectic times?

Try a few of these ideas:

- 1** Take a walk while thinking through a problem you need to solve or figure out. Use a smartphone or tablet to record your thoughts and ideas as you walk.
- 2** If you work from home, play chef for lunch—look in your cabinets or pantry and create a quick, impromptu meal with a few ingredients you find. If it tastes good, share your new recipe with friends!
- 3** Take an exercise break: set a timer for 15 minutes, pick five exercises, do each exercise for one minute, then repeat. End with five minutes of relaxation and stillness.
- 4** Find a quiet place to sit and watch some comedy videos. Feel free to laugh out loud! But be sure to set a timer so you don't watch too long.
- 5** Puzzling over a difficult task? Find a shorter, less mentally taxing task that you can complete quickly to give yourself a sense of accomplishment.
- 6** Have an impromptu dance party! Make a short playlist—three to five of your favorite songs—and start dancing! You can even combine it with tip five to unwind AND shorten your to-do list!
- 7** Sit comfortably. Breathe in slowly through your nose for a count of five and then out for a count of five. Do this several times.