

10 Ways to Practice Patience

- 1. Listen actively.** Give other people your full attention.
- 2. Listen empathetically.** Consider other people's perspectives.
- 3. Listen deeply.** Patiently plan your responses.
- 4. Stay calm.** Intentionally relax your mind and body.
- 5. Count to 10.** Slow your heart rate and relax your muscles.
- 6. Slow, deep breathing.** Inhale deeply and slowly exhale.
- 7. Practice self-care.** Make sure you aren't dehydrated, hungry or fatigued.
- 8. Practice stress management.** Know and manage the triggers of your stressors.
- 9. Make the time.** Be present and available for your preceptee.
- 10. Have perspective.** See things from the preceptee's point of view.

References:

1. Mind tools content team. (2018). How to Be Patient. Staying Calm Under Pressure. Retrieved from https://www.mindtools.com/pages/article/newTCS_78.htm
2. Campbell, S (2016). 8 ways practicing patience radically increases your capacity for success. Retrieved from <https://www.entrepreneur.com/article/250211>

Patience

Some people are naturally patient. Others need to practice! Preceptors often talk about the need to be 'patient' when working with preceptees.

'**Patience**' is defined as the capacity to accept or tolerate delay, trouble or suffering without getting angry or upset. Being tolerant is a helpful way to understand the concept of patience. Tolerance for the preceptees learning needs enables preceptors to be patient and set the tone and pace of the learning environment.

Patience is a Virtue

Patience increases our tolerance and ability to 'roll with the punches.' Expecting and accepting variability in our preceptor:preceptee relationships relies on this virtue. Practicing patience with our preceptee ensures we give them the space to learn in a positive environment. Patience is the power of waiting, watching and knowing when to act. When we let the preceptee set the pace, we teach them how to make plans, set priorities and make decisions. These are attributes they will need to become independent nurses.

Patience is Something we Do

Psychologist Sherrie Campbell believes that patience is not something we *have*, rather it is something we consciously *do!* Further, patience can be viewed as a discipline, in that the more we practice it, the more patient we can become. Being patient allows us to mindfully stop and focus on the present moment.

Stress Management

Waiting can be stressful. Whether we are waiting for someone, waiting in line or waiting our turn – waiting can cause tension. We get impatient. We may even get angry as we lose control of our patience. What are your triggers? Working to be more patient is a good stress management technique. Assess your tolerance, and think about times you were impatient. What was the cause? Some people are more prone to impatience if they are stressed, fatigued or hungry. Create a plan to manage your stress, avoid impatience and practice being more patient.

"Patience is NOT simply the ability to wait – it's how we behave while we're waiting."

Joyce Meyer