

Mindful Memo

Week 5 – September 7th-10th - RCMA Wimauma Community Academy



Noticing Impatience

The school year is in full swing, which means you've likely encountered something at work or in your personal life that has tested your patience. This week, take time to notice impatience, and try some of these strategies to fully process it rather than just conceal it.

1. **Be honest with what works for you.** Not everyone thinks the exact same way we do. To avoid this becoming a source of impatience, communicate honestly about preferences. Phrases such as “Could you give me a few moments to get settled in for the work day before we talk about this issue?” or “I’m a solutions-oriented person. I’d prefer to refocus or take a break if you need to vent” can help minimize communications issues.
2. **Give others the same grace you give yourself.** Ever notice if you cut someone off while driving, or sit at a light too long replying to a quick text, it’s an honest mistake? Yet, if a stranger does it, they are a terrible driver who should have their license revoked? That may be an over-dramatization, but we tend to be more patient with ourselves versus others. We have ALL been that person fumbling in the checkout line, or making an absent-minded mistake at work. Give others the benefit of the doubt that they are trying their best.
3. **Mindfully notice impatience in your body.** According to Psychology Today, by noticing the physical manifestations of impatience (increased heartbeat, racing mind, etc.), we are shifting from the Limbic System (fight or flight), back to the Prefrontal Cortex (rational thinking). This will allow us to regain control before our emotions take over.
4. **Channel your inner Sim.** If you’ve ever heard of the game The Sims, you know they can act a little “out of sorts” when their basic needs aren’t met. Reflect on your “needs levels.” We are more willing to be patient when we’re not exhausted, hungry, or sleeping on a park bench (Oh, wait that last one only happens in the game).



Bladder 	Fun 
Hunger 	Attention 
Energy 	Hygiene 

