

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:

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.

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!

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.

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.

