**The Art Of Patience**

The Dictionary defines patience as, “the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset. “

Patience is a skill that many of us could learn how to master better. We may get short with our kids, have some road rage, or struggle with other issues that make us stamp our feet or get frustrated over the little things. Learning the art of patience can facilitate more success, healthier relationships with others and yourself, improve wellbeing and much more.

## **What is Patience?**

**"One minute of patience, ten years of peace"** **- Greek Proverb**

First, we need to take a closer look at patience and what it means. Patience is a state that occurs between an experience that you have and your reaction. Whether you want to be patient with yourself, with those around you, or with life, patience always seems to be how you deal with obstacles or delays in life.

Those with patience will find that they can let go of some of the things that occur to them that are outside their control. This can be hard for some people to do. But when you are successful, it can help you to live a happier life because you have less frustration, anxiety, and stress.

## **What are the Benefits of Patience?**

Several benefits come with having more patience during our lives according to Medium.com. Some of these benefits include:

* You avoid health issues: Having patience can put us at a lower risk of heart conditions, anxiety, and depression. The reason for this is that we feel less stressed when we are more patient.
* You make better decisions: You won’t rush into something because you are worried about it taking too long. You can slow down and make a smart decision.
* It is easier to be happy: Patience allows us to feel happier. When we have less stress and anxiety, we can feel more tranquil and better overall.
* You find life is easier: Your journey in life is easier if you can reduce the stress and just be patient in life.

Everyone can work on their patience, bringing in more and helping them feel less stressed and happier. Finding the right tips to add to your life to have more patience is the key to making that happen.

## **How to Become More Patient**

Now it is time to look at some of the steps that you need to take to be more patient in your daily life. Some of the best steps to help with this include:

* Be mindful of your thoughts: While a situation can make you frustrated, you get to determine how you react to it. You can secure your thought before it becomes an action and turn it into something more peaceful too.
* Figure out what makes you impatient: You need to learn more about your triggers and what makes you impatient overall. When you learn what these triggers are, you will be able to avoid them or find methods better deal with those things.
* Show gratitude: When you show more gratitude in your daily life, you will be happier and won’t have impatience take over your life any longer.
* Set short-term goals: Setting goals and celebrating your achievements will give you something amazing to look forward to and can help out.
* Make yourself wait: When you make yourself wait and think through something, you will find that it is easier for you to learn patience too. This can be hard but is still very good for helping you slow down.

Being patient is a skill that takes time. While it would be nice to wake up one day and have a ton of patience, this is not always possible. By following some of the tips above, you can add more patience to your life, along with more happiness.