

# RESILIENCY

## Resiliency In The Moment: Picking Patience

“All great achievements require time.”

- Maya Angelou

If fatigue has set in, pick patience.

1. Wait – Find opportunities to wait, avoid seeking instant gratification.
2. Embrace the discomfort – recognize the emotions within.
3. Reframe – Intentionally challenge the way you are currently viewing the situation.
4. Choose a calming technique – mindfulness, meditation, walking, or other similar methods.

There's a connection between patience and resilience. Patience is the ability and capacity to accept or tolerate delay, difficulty, or suffering while remaining emotionally neutral. The next time you find your patience tested, intentionally rise to the challenge, embrace the discomfort, and choose how you respond rather than react. Adapted from [flexicrew.com](http://flexicrew.com)

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