

Practice Patience

A man's car once stalled in heavy, Friday-evening traffic, just as the light turned green. All his efforts to start the engine failed. A chorus of honking rose from the cars behind him.

Feeling just as frustrated as those other drivers eager to get home or to their weekend destinations, he finally got out of his car and walked back to the first driver and said, "I'm sorry, but I can't seem to get my car started. If you'll go up there and give it a try, I'll stay here and blow your horn for you."

The person who is chronically impatient rarely makes another individual go faster or arrive earlier. Rather, the effects are nearly always negative – to others as well as to the impatient person. Accidents occur more frequently in haste. Ulcers, headaches and other health problems develop more quickly. And relationships can become more readily strained. Those results are important for us in Life Care, Century Park and Life Care at Home to keep in mind.

As an antidote for impatience, try giving yourself "10 more minutes." Get up 10 minutes earlier every morning, leave 10 minutes earlier to work, arrive 10 minutes ahead of schedule, etc. More than likely, you will arrive at the end of the day feeling much more relaxed.

The end of the matter is better than its beginning, and patience is better than pride. Do not be quickly provoked in your spirit, for anger resides in the lap of fools. Ecclesiastes 7:8-9

--Beecher Hunter