

# Patience

## IN P S Y C H F U L

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### EDITOR'S NOTE

Patience is a virtue they say, one that takes an immense amount of time to build and once built it takes you to places unimaginable. It helps us to understand that things will not always go according to you and the best thing then to do is.....Wait. No matter how slow you go the only thing that's going to matter is that you kept moving, you did not give up when the odds were against you, you did not doubt yourself, you just walked gracefully with patience and perseverance. I'd like to end it with one of Mahatma Gandhi's quotes "To lose patience is to lose a battle."

-Levin Kumar

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HEAD OF DEPARTMENT

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FACULTY INCHARGE

Ms. Kirti Garg  
FACULTY INCHARGE

Ms. Kanishka Agrawal  
FACULTY INCHARGE

Ms. Shauryaa Sharma  
FACULTY INCHARGE

Ms. Pallavi Madan  
FACULTY INCHARGE

### TECHNIQUES FOR MINDFUL PATIENCE

Mindful patience is the practice of staying present and accepting the present moment, even if it is uncomfortable or difficult. Here are some techniques to help cultivate mindful patience:

1. Observe your thoughts and emotions: Notice the thoughts and emotions that arise when you feel impatient. Take a step back and observe them without judgment. Simply acknowledge them as passing mental events.
2. Focus on your breath: Take a few deep breaths and focus on the sensation of the breath moving in and out of your body. This can help you stay present in the moment and calm your mind.
3. Practice gratitude: When you feel impatient, take a moment to think of something you are grateful for. This can help shift your focus to the positive and help you feel more patient.
4. Use positive affirmations: Repeat a positive affirmation to yourself, such as "I am patient and calm" or "I trust the process." This can help you cultivate a more patient mindset.
5. Visualize a peaceful scene: Imagine yourself in a peaceful and calming environment, such as a beach or forest. This can help you relax and cultivate a sense of patience.
6. Practice acceptance: Accept that things may not always go according to plan and that some things may take longer than expected. Try to let go of any expectations and trust the process.
7. Engage in mindfulness practices: Regular mindfulness meditation or other mindfulness practices can help you cultivate a more patient and present mindset over time. Practicing patience can have a powerful impact on our lives. Patience is an essential requirement to transform ourselves and our relationships. "ALWAYS DO YOUR BEST BUT DO NOT RUSH THE PROCESS!"

-Tanya Aggarwal

### INDEX

Techniques for Mindful Patience

Patience: A Virtue

Healing Your Mental Health Requires  
Patience!

Good Things Come to Those, Who Decide  
To Wait.

The world of patience and hope

Gen Z and patience

The Art of Patience

Benefits of patience



# INPSYCHFUL

## PATIENCE: A VIRTUE

The art of patience is a quality that is highly valued in many cultures and societies. It is a quality that can be developed over time and can help individuals to manage stress, overcome obstacles, and achieve their goals. Patience is the ability to remain calm and composed in the face of adversity, frustration, or delay, and to persevere with a positive attitude until the desired outcome is achieved.

Patience can also be described as a virtue because it is not an easy quality to cultivate. It requires practice, persistence, and a willingness to learn from mistakes. Patience involves the ability to control one's emotions and to resist the temptation to react impulsively or aggressively when faced with difficult situations. It is a quality that can help individuals to become more resilient, self-confident, and optimistic.

The most important keys to developing patience is to learn how to manage stress. Stress can be a major source of impatience and frustration, and it can make it difficult to remain calm and composed when things do not go according to plan. Learning how to manage stress and controlling your emotions in the difficult situation can involve a variety of techniques, such as mindfulness meditation, deep breathing exercises, or physical exercise. These techniques can help individuals to stay focused, centered, and relaxed, even in the midst of challenging situations.

Another important aspect of patience is the ability to set realistic goals and to work steadily towards achieving them. This requires a certain degree of self-discipline and self-motivation, as well as a willingness to accept setbacks and failures as part of the learning process. It also requires a willingness to be flexible and adaptable in the face of changing circumstances, and to remain open to new ideas and perspectives.

Patience can also be cultivated through the practice of gratitude and mindfulness. By focusing on the present moment and appreciating the small things in life, individuals can develop a greater sense of inner peace and contentment. This can help to reduce feelings of frustration and impatience, and can lead to a more positive and optimistic outlook on life.

Concluding my words, the art of patience is a valuable quality that can help individuals to navigate life's challenges with grace and resilience. It requires practice, persistence, and a willingness to learn from mistakes, but the rewards are well worth the effort. By developing patience, individuals can become more self-confident, resilient, and optimistic, and can achieve their goals with greater ease and success.

-Khushi Narang

## HEALING YOUR MENTAL HEALTH REQUIRES PATIENCE!

Patience is the key to any kind of self-transformation and self-improvement. Patience helps to be persistent and consistent without giving up too easily and that is what is essential for the attainment of any goal, including gaining benefits from a psychotherapy. Unlike physical injuries or ailments, a therapy is not a quick-fix or band-aid that heals quickly. It is rather, a process that works gradually. Sometimes you can stop the pain and fix apparent problems in just a couple of sessions but it wouldn't last because you just can't sweep the dirt under the rug and expect it to vanish completely. Unhealthy patterns, unhealed past trauma, unchecked behaviours are likely to keep showing up unless you work on the roots of it.

Have patience with all things. But first of all, with yourself

-Nandini Ashra

## THE WORLD OF PATIENCE AND HOPE

Each individual is a little, struggling being in this world of ours. We live with these hardships, heartbreaking relationships and unfulfilled aims hoping that one day all these pessimistic thoughts will change to an optimistic reality. That is the world of hope and patience. Patience is the practice of hope. It is hope that helps us stay resilient to suffering and that makes true patience possible. Patience is practiced through hope, which continues to do good even in the face of apparent failure.

We can only ask for patience and then ask for more patience, bargaining on conditions, waiting without hope. The patient hope is what protects "the serenity and discernment of one's soul" and liberates us from harm. Patience is only possible for the hopeful, because without it, patience will be only met with despair. Our hopeful desires make living in patience possible. Our life is based on hope of survival. We do not know how long we will live, but we continue to breathe. Still we hope to live long, and we also have the patience to wait till it ends. Don't let the hope in you die, don't let the patience fizzle out.

- Adeeba ahmed



**Good things  
take time**



# INPSYCHFUL

## THE ART OF PATIENCE- GOOD THINGS COME TO THOSE, WHO DECIDE TO WAIT.

Often, we have heard that good things take time and those who wait with dedication and faith deserves them the most. We get impatient when we don't achieve desired results in short period of time and feel irritated about it. We start losing control, our faith in God shakes and we begin to blame him as well as our destiny. We forget that God already has plans for us and the destiny will play its part.

It takes years for a tree to grow by consuming sunlight, water and nutrients from soil. Consequently, it stands strong even during the testing times. Similarly, when people grow slowly with consideration, faith and hard work, they thrive in any situation. Problems are not setbacks. Rather, they are present to remind you to pause and start again with more determination and focus on goals.

-Riya Sanghi

## GEN Z AND PATIENCE

Books? Archaic. Magazines? Old school. Advertisements in the newspaper? Please! Are we living in the Stone Age? Gen Z have the world at their fingertips, 24/7, so you hardly ever see them with traditional mediums anymore.

Generation Z, also called Gen Z, zoomers, iGeneration, centennials, post-millennials, or Homelanders, is a term used to describe people born during the late 1990s and early 2000s.

It should come as no surprise to anyone that Gen Z is the most impatient generation. This generation is the fastest to hang up while on hold, research indicates. One research found that Gen Z is more likely to hang up if the phone is not answered within 45 seconds—this generation wants fast and responsive services.

A great example of our generation's impatience today is the rise in streaming services. Up until the last decade, entertainment was provided on a schedule. You had to wait a week to see the next episode of your favorite show or a few months for a new season. Now younger generations can watch every season of F.R.I.E.N.D.S. within the span of a couple weeks if they want to. With so many streaming services available, you will always be able to find the show you're looking for.

The streaming services are just a symptom of a greater issue: the Internet. Have a question? Simply type it into Google and receive an immediate answer. Want some food? Order it on your phone and it'll be at your door within 15 minutes. This type of ebb and flow in our generation creates a buildup of impatience and annoyance. Every time you see "loading" or "redirecting", you become immediately upset. The average person will only wait six seconds on a loading screen before giving up. This need for instant gratification is very unhealthy. It creates bad habits in everyday activities and puts you in a worse mood for the rest of the day. In addition, Gen Zers like to be rewarded and recognized for their accomplishments. And they don't want to wait too long for that either.

These new habits influence not just our society in terms of social affairs, but in terms of university-student relationships as well. That's why, when you no longer share the same definition of "waiting" as your university does, it's up to your university to reach for a level of compromise. Within limits, of course. Exhibiting an updated and fresh website that loads fast can have a massive impact on how much you will want to read about the university, sure. However, you should hold in high regard a university that doesn't really put everything on one single plate. A society that requests instantaneous answers and feedback is a society that substitutes the pleasure of earned enjoyment with the split-second pleasure of instant prize.

-Chetna Malhotra

## THE ART OF PATIENCE:

Call it the tendency that was gifted by divinity or, call it the attribute of the human knowledge.

A person becomes strong when he holds onto thorns with bleeding hands. If the art of patience is mastered, it takes you to cloud 9 and yet still keeps you grounded. Whoever possesses patience has the answer to most of whatever intrigues him. Heart with patience has an extra room for almost anything. Patience makes you an ocean, silent and deep. It makes you gain an insight of this world by making more of a receiver.

Patience resides within oneself unfound by most, whoever locates it, locates contentment. A person can be dedicated but what keeps him dedicated is patience. Eventually, a person may be tolerant but what helps him maintain tolerance is patience. Patience is the universal catalyst that helps maintain relationships with anyone or anything.

You should never consider it as a weakness, it is what makes you distinctive, it is what makes you elegant.

-Ifham Aijaz

# IN PSYCHFUL

## BENEFITS OF PATIENCE

Patience is very important in life. In today's modern age, most of us can get annoyed pretty easily. It might be a traffic jam, it might be being interrupted for the millionth time, it may be getting re-directed 5 times when you are trying to find a real customer service person to speak to instead of a recording. These are very minor things- like a shredded shoelace.

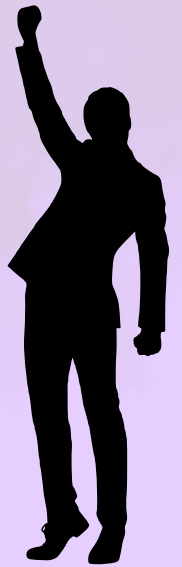
The benefits of being patient touch many areas of our lives. Whether you're going to the grocery store or work, you can experience the perks that accompany patience.

Benefits of patience are -

- 1.You can focus better on your long term goals and dreams.
- 2.You can make more rational, realistic decisions.
- 3.You develop persistence and resilience.
- 4.You have a better time learning new skills.
- 5.It allows you to be a better listener.
- 6.You make others feel comfortable.
- 7.You practice kindness and encourage others to do so too.
- 8.You learn how to live a peaceful life, not a stressful one.

-Riya mittal

## STUDENT'S CORNER



A student of the department of psychology Mugdha Vohra, conducted a workshop which was held in Pragyanaam School, Gurugram. 2 workshops were held for girls of classes 4 and 5 and for girls of classes 6 and 7, same for the boys.

They were divided into groups as conduction of boys workshop was on Sensitisation of menstruation whereas in girls it was for raising awareness on menstruation. It is necessary at a young age because it builds a foundation of knowledge which then will lead to more destigmatization and help in having an open dialogue about menstruation and issues related to menstruation. Boys especially felt how the period pain feels to some extent through an activity in which they were positioned in squats. As males, they specifically need to be educated and taught to be empathetic about what it is and the challenges that females face. Students are taught about it in school but their numerous doubts and confusion is seldom cleared. In the workshop the students were taught about periods, how to talk about periods to their parents and friends and the things that are needed during their cycle and finally they were asked to apply all of that knowledge they learnt in their combined session. The combined session was more focused upon Stigma breaking and they all enjoyed it to the full extent.

Many activities were conducted like emergency pad making, role play and poster making in which they were asked to make any quote/drawing/poem/slogans related to Stigma breaking in which they were in a team of 2 (girl and a boy).

Apart from theoretical delivery of knowledge, there were videos shown to them relatable to their motives so that these young teenagers can relate their favourite character or learn in a fun-loving manner. At first, they were reluctant to talk about periods but with each session they opened up about it and were continuously involved in the discussions and the sessions became successful with their active participation in each session.

## EDITORIAL TEAM

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