

## Patience: Catalyst for Personal Transformation

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Self-exploration and leading a life of purpose, or making an enduring commitment to contributing to the diverse world in personally a meaningful way, is associated with numerous benefits that includes psychological well-being, high academic achievement, enriched social connections, etc. Despite these advantages, leading a life of purpose is rare. In today's hustle and bustle of life, we may drive ourself out of control, feel irritation, frustration and behave like a victim or try to force a certain outcome. All these are all self-destructive behaviour that alienate others and bad things to happen. Engaging in a process of self-exploration, and navigating the potentially distressing process of searching for a purpose in life are often not practiced. By unlocking deep self-understanding, we delve into the delicate balance between empathy, self-assurance, and spiritual guidance, which reshape our relationship with ourselves and the world around us. It ultimately cultivates the patience. Patience is not waiting for something or nothing, not a passive resignation; it's a potent form of strength rooted in neuroscience.

### Neuroscience of Patience

Patience is the antidote to anger. When we face challenges, our brains can react impulsively, leading to self-destructive or harming behaviours. If we are irritable, angry or even experiencing violent impulses, with patience we can actually learn to wait for these self-destructive emotions to go away and the secretion discontinued resulting the emotions go away. Practicing patience involves tapping into the elaborate workings of the brain, especially the areas responsible for impulse control and serotonin production. Various research findings and evidence claims that there are two areas in the brain that contribute jointly to boost serotonin resulting in practising patience or impulse control. Serotonin, a neurotransmitter regulates the mood, and plays a pivotal role in fostering & cultivation of patience. Serotonin interacts with different brain processes and affects certain areas of the brain, which in turn supports the person's behaviour. Neuroscience research shows that different parts of the brain respond to serotonin and promote patience, resulting each area of the brain contributes to the overall effect of waiting. So, Individual endurance depends on brain function, and it has been seen that some brains are better

suitable to endurance than others. Nurturing also plays an important role in the cultivation of patience. There are different ways to cultivate patience.

1. **Mindfulness:** Various studies show that mindfulness can reduce stress and encourage positive behaviours such as empathy. People who practice mindfulness are seen with a higher degree of patience. This might be the reason for others' struggle in these areas due to neurons firing and chemicals being released.
2. **Competence:** Patience in a positive lifestyle is a personal change, not a virtue related to social interaction, but the effect of knowledge and thought. Knowledge and skills shape the behaviour of the person. A person competent in knowledge and skills behaves positively and finds with a higher degree of patience. In today's world of rapid changes, we overlook the fact that patience is not just waiting, but a skill, we shine with respect. With patience, a competent person unlocks the treasure trove of human knowledge that is the source of further patience and grace.
3. **Physical Health:** A healthy body leads to a healthy mind. Human body is regulated by biochemicals i.e. neurotransmitters and hormones. Healthy body controls the regulations of biochemicals and balances the secretions. Mind triggers the secretion of biochemicals which tune the emotions. Practising physical health habits regulate and balance the biochemicals that have an important role in patience.
4. **Sleep and Nutrition:** Sleep plays a very important role in patience. It is crucial for good mental health and wellbeing and with that comes the ability to be more patient. It's no secret that life is simply more difficult when you're sleep deprived and having a shorter fuse certainly comes with that territory. Nutrition and hydration are essential human needs and have a critical role in balancing the biochemicals which are the driving force of the emotions. Developing a healthy lifestyle and diet plan improve sleep and patience.
5. **Self-Reflection:** Patience acts like a silent friend, pushing us to feel moments of self-discovery and understanding. Self-reflection on life circumstances and decisions might be helpful in cultivating the patience. Experienced and competent people practice self-reflection to enhance their life skills and patience. Sometimes takes a break or practicing



Figure

1: [https://www.google.com/url?sa=i&url=https://www.linkedin.com/pulse/patience-neuroscience-leadership-in-depth-dive-nitin-jain-mnthc&psig=AOvVaw0o2fPNWysJCa80CO8kB\\_hV&ust=1713350075845000&source=images&cd=vfe&opi=89978449&ved=0CBQQjhXqFwoTCMi9pN](https://www.google.com/url?sa=i&url=https://www.linkedin.com/pulse/patience-neuroscience-leadership-in-depth-dive-nitin-jain-mnthc&psig=AOvVaw0o2fPNWysJCa80CO8kB_hV&ust=1713350075845000&source=images&cd=vfe&opi=89978449&ved=0CBQQjhXqFwoTCMi9pN)

meditation also much helpful in enhancing the degree of patience. However, it differs person to person.

Let us find resilience and wisdom in a rebellious society that embraces a culture of instant gratification. Think of Patience as a storyteller, harmony and understanding woven into the fabric of our lives. Patience really catalyses the personal transformation.

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Dr Sandeep Kumar is a highly qualified, enthusiastic learner and mental health professional with 2 decades of professional experience in education, training, research and clinical practices. He is doctorate in clinical and counselling psychology, Ph.D. in Education, and D.Litt. He has written a number of research papers, delivered expert talks and trained more than 9000 teachers with 21st century pedagogical practices, first aid counselling skills and first aid psychological skills. His professional expertise is in psycho-educational training modules, mental health & psychological strengthening, Adult mental health issues: analogies, challenges, and coping, Adult & Peer relations: Neurological & Biochemical basis in behavioural perspective, Positive mindful mantras for fighting stress, Developing emotional & social intelligence, Guidance Based Education - The Emerging Concept, Managing Behaviour, addiction & Academic Problems in Students – New Challenges, Developing Resilience in Students & Educators, Perfectionism: Coping Strategies, Stress management: Coping with life-threatening challenges , Innovative pedagogy, classroom management & developing professionalism in educators, NEP & its implementation, inclusive education & health equity, empowering teacher-student relationship, pedagogical leadership development, transforming education in 21st-century, etc. With serving ICERT, he is an active member in various organization. He has been honoured and felicitate with 15 International Awards.