



Wellbeing

Patience

Waiting Well: Video Resource



Video Transcript

Hi, my name is Jill Rowe and I am the Ethos and Formation Director for Oasis.

In any given day, add up all the moments when we have to 'wait' for stuff and we probably spend around an hour a day waiting. Especially if we are trying to get anywhere! And right now, as we are in this National lockdown, we are having to do a lot of waiting – waiting for the Pandemic to end, waiting for the vaccine, waiting to see our friends, waiting to hug and hold loved ones, waiting to go out, all the things. So much waiting.

Often, there's a way we wait isn't there - have you noticed how sometimes when we are waiting we feel frustrated, even angry, impatient? Our whole bodies feeling it. And thoughts flash through our minds like 'I can't believe this is happening to me!' or 'don't these people realise that I am in a hurry'.

Even as I say these things you can probably hear the frustration and impatience!

But there is another way of waiting. We can wait well. It may not come easily to us but it is possible.

So how do we wait well? How can we, in the midst of all of what is going on? Here's four simple things to help us.

Firstly – breathe – you knew I was going to say that. But the impact is incredible. I always tell people that if they see me in a meeting taking a deep breath it is because I know I am needing to be patient and the breathing helps. It keeps us grounded and pumps much needed oxygen around our bodies and releases the hormones whose job it is to calm us down.

Secondly – let go - sometimes our lack of patience comes because we are simply trying to control everything. And the truth is, we can't do that. It is impossible. We certainly can't control other people. So waiting well means choosing to let go of the belief that we must control all that is happening. This matters because it's realistic and honest. And it reminds us to focus on the things we can manage – which is primarily our own choices, behaviour, thoughts, actions, and reactions.

Thirdly – ask how we want this 'story' to end – by which I mean this. Every situation we find ourselves in always gives us a choice. We can choose to follow the path of impatience, frustration and annoyance and succumb to the impact of those things. Or we can choose to follow the path of patience that ultimately brings us peace, calm and a greater sense of wellbeing. Do you see how we literally get to choose how the 'story' ends by the choice we make? It's like we are in the driving seat. We really do have the power to choose and to create.

And fourthly - bow. Some friends of mine recently told me about a buddhist practice of bowing as a way of acknowledging that what is in front of us, the thing causing us to feel impatient, is also in some way a teacher. There is something to learn from what is happening. The act of bowing signifies this.

So we can wait well.

By being mindful – of our breathing.

By letting go - of the need to control everything.

By choosing how the story ends, by choosing to follow the path of patience.

And even by bowing, committing to learn from the impatience we are experiencing.

None of this is easy, but it is good.