



September 10, 2026

Building Bridges: **Developing
Patience**





A



B

When you go to the optometrist for glasses they put a machine up to your eyes and ask you to tell them which image is clearer: A or B.

I'm going to describe a few situations and ask you to pick which image best represents your reaction.

- Waiting on hold for more than five minutes for customer support.
- Waiting for your partner to finish getting ready so you can leave the house.
- Having to try something multiple times that you used to do easily on the first try.
- Repeating yourself multiple times because your partner didn't hear or understand you

MAIN IDEA: Most of us tend to react impatiently (image B) rather than patiently (image A)

We all struggle with patience. That's why we're talking about it tonight.

Parkinson's Definition of Patience

Patience is ...

the ability to **choose a constructive response** to inevitable

- delays,
- difficulties, and
- frustrations.

This definition focuses on our response to the numerous challenges of living with Parkinson's.

Impatience Triggers with Parkinson's

physical/emotional
exhaustion

many activities take more
time, effort, repetition, and
help

communication problems:
expressing oneself clearly
and understanding what is
said

fewer social activities



care partners get weary of
pushing

PwPD get tired of being
pushed

difficult to be on time

lack of appreciation

resistance to change

unpredictable symptoms

We may hear suggestions about how to stay calm in traffic or in a long line at the DMV. However, those of us here all know that a much higher level of patience is needed when facing the added challenges of Parkinson's.

Of course we feel discouraged and frustrated at times. Of course we get exhausted emotionally and physically. It is like climbing the same mountain every day.

MAIN IDEA: Impatience will happen for those dealing with PD.

Part 1 - Preventing Impatience

People with PD

Avoid multi-tasking

Accept additional helpers

Be open to change

Express gratitude

Double your estimate of how long each activity is going to take

Use adaptive and assistive devices

Prioritize sleep, nutrition, and exercise

Attend a support group and/or counseling



There are 2 ways to develop patience.

The first is to prevent impatience as much as possible.

Care Partner – Preventing Impatience

Accept additional helpers.

Be open to change.

Express gratitude.

Make time for yourself. Plan social activities and alone time.

Count to 20 before repeating yourself or expecting a response.

Remember slowness is not stubbornness or passive aggression.

Avoid interpreting facial expressions negatively.

De-clutter your home.

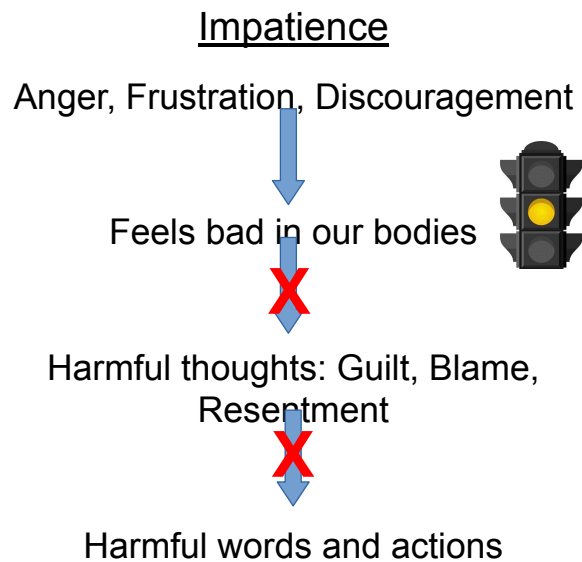
Avoid over-scheduling.

Ask for what you need.



Care partners have a similar list of ways they can prevent impatience.

Part 2 – Managing Impatience in the Moment



We can't always prevent impatience because we are human.

Impatience can be related to **anger or discouragement, depending on the situation.**

Either way, impatience **doesn't feel good**. We feel tension in our body. Our heart might race, and our breathing might speed up. We might even feel pressure in our head.

When we **recognize that we are feeling impatient**, that is the point where we can **intervene with strategies to respond constructively**.

Those strategies can prevent us from moving toward harmful thoughts of **guilt, blame, resentment, and judgement**.

Intervening at that point also prevents us from using harmful words or actions.

Part 2 - Managing Impatience in the Moment cont'd

Goal: Minimize harm to yourself and others.

Calm down before you speak.

If this causes others anxiety say, "I need to be quiet for a couple minutes."

Count 10 slow breaths.

Connect with your senses.

Notice 3 things you see or hear around you.



It takes self control to wait before acting on our feelings.

These techniques help us connect with our rational mind instead of acting on our impulses.

Handling Impatience in the Moment (cont.)



Use Mindful Self-Compassion:

Name what you are feeling:

irritated, frustrated, rushed, annoyed, bored, sad, etc.

Remind yourself that others feel this way in challenging situations, too.

You are not defective or abnormal. Guilt is not productive.

Soothe yourself – rub your palms, speak kindly to yourself:

“I am kind and loving.”

“I am doing my best.”

“I can handle this feeling constructively.”

Identify Needed Action – Speak up, enlist help, find emotional support, set boundaries, change your living situation.

Use the tools of Mindful Self Compassion that we learned at our last meeting.

Summary – Developing Patience

- Impatience is a normal human emotion.
- Living with PD creates extra opportunities for impatience.
- Impatience can cause physical and relational damage unless we manage it constructively.
- Take practical steps to prevent impatience.
- Use tools to deal with impatience in the moment: be quiet, calm down, use Mindful Self-compassion.

In the end, the secret to developing patience is twofold:

A. Reduce the frequency of situations that are likely to result in impatience.

B. Recognize when you are impatient and use tools to respond constructively.