

November 2021

NEWSLETTER

Patience is a Virtue

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Committee

Cultivating patience is one of my best coping strategies. When I thought of the topic, a memory popped up of trick or treating as a ten-year-old in 1970. My best friend and I covered a lot of ground that year with the goal of collecting the most candy ever. Part of her strategy was a cute little rhyme about patience. I wish I could forget that rhyme now. But seriously, being patient is simply practical.

I have bipolar disorder and other related diagnoses. In addition, my mind doesn't seem to work right. I am forgetful. I lose time. I lose things. I forget how to do things occasionally, such as reading a clock, opening a stapler, etc. Testing my perceived deficiencies showed only a few areas that were not within normal limits and the results did not yield a solution. A test doesn't matter.

Letting go of frustration and negative self-talk does matter. I started by working on being my own best friend and loving parent. It's not always easy to be patient with others. It was really difficult being patient with myself. I try to be gentle when talking to myself. I say, "OK, just be patient." I say a short prayer or count to ten.

For example, it seemed like I was constantly missing turns and getting lost. I would get upset. Then I tried acceptance and patience. A quick U-turn can be really useful. When my dad was frustrated that I missed a turn, I told him that I was learning to be patient with myself and asked him to do the same. When I realize I've lost my way, I may sigh and shake it off before stopping to adjust course. I use GPS on my phone to give me directions even when I know the way. She (my GPS) reminds me and I don't miss as many turns.

Taking care of myself is not all about acceptance and patience. I work with my prescriber to take the right medications, see a therapist, and practice good self-care.

The neuropsychologist suggested consulting a nutritionist. With help from a dietitian, I improved my eating. Patience is a practical attitude to help me persevere and be more peaceful.

Now back to that story from October 1970. In the words of my friend, “Patience is a virtue. Virtue is a grace. Put them both together and they make a pretty face.” I hope you got everything you wanted this Halloween.

November's Calendar

[Interested in getting involved with the Triumph Recovery Center this month? Click here!](#)

[Need help finding a provider?](#)

Click [here](#) to search by location. You can filter results by insurance, issue, type of therapy and more.

[Psychology Today: Health, Help, Happiness + Find a Therapist](#)

Looking for Peer Workforce information?

Find trainings, continuing education, and job information for Peer Support Specialists, Family Peer Support Specialist, and Recovery Peer Coaches at the [Iowa Peer Workforce Collaborative website](#).

Find resources in your region!

For resources available in your region, visit [Iowa MHDS](#) and use the drop down menu to pick your county. You will be taken to your region's resources page.

Feeling down or need someone to talk to?

Iowa Warm Line is here for you.

Open: 24/7 | 1-844-775-WARM (9276)

The Warm Line is a peer-run, telephone based, non-crisis, confidential listening line for anyone struggling with mental health or substance use issues. The line is staffed by people who have been through a similar journey and are in recovery themselves.

The Warm Line can...

- Give support for individuals not requiring crisis management. Those in crisis are transferred to the Crisis Line for critical services.
- Provide an empathetic, non-judgmental listener.
- Provide community resources and assistance in accessing services.
- Help empower individuals pursuing their own directives.