

Being patient and self care is my greatest challenge. When I am met with an obstacle, I get frustrated then I end up becoming impatient. The issue is sometimes difficult to fix and requires a long time to fix. When I get impatient I try to first get my mind off the issue to calm myself down. Once I calm down I can sometimes have a sudden understanding or I get the patience to slowly solve the issue. If I become too focused on the issue/work I forget to eat or exercise. As I start to get my schedule set, I squish in some exercise and break times to help me stay healthy and alert.