The situation in which I lost my patience was a few weeks ago, when I was prearranged for delivering jobs.

It is very common in me to stress myself about very simple things. The article helped me to see things differently, and I saw that with the support of the people and knowing how to organize everything will be fine, and that I have to always think positive because things will turn out better.

I also learned that assertiveness is a skill and that since sometimes it is difficult to stop swallowing what we feel and not expressing our feelings, it is better to learn this new skill because that way we avoid stress, we learn to express ourselves and more importantly we become Good to ourselves.

I liked it a lot because I learned new ways to control stress.