

# *IN THE NOE*

*The Monthly Newsletter of Darlene Coleman Coaching*

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## ***More in this issue***

- *Recipes*
- *Gift Ideas*

## ***The Reward of Patience is More Patience***

*~Saint Augustine*

*We've all been there, sitting in traffic, standing in line at the grocery store, or waiting for the friend who is perpetually late. As the minute's tick by we begin to feel that old familiar feeling welling up within- impatience. "Come on!" we protest as our blood pressure rises and nerves begin to fray.*

*While this isn't anything new, lately you see a lack of patience happening more and more. We see people openly yelling at one another or acting out in public. What are we so impatient about, and more importantly, why? Why are some of us so impatient?*

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## Why are some of us so impatient?

*While there is still much to learn, it turns out that patience has a lot to do with the serotonin levels in the brain, and is associated with self-control, delayed gratification, and restraint.*

*When a part of the brain called the dorsal raphe nucleus gets stimulated, serotonin is produced, causing you to feel more calm, relaxed, and ultimately more patient. Those with lower levels of serotonin display less patience.*

*Impatience also seems to be intensified when there is a perceived “reward” waiting for you, or a feeling of delayed gratification involved.*

*“I want it now!” With more serotonin, the brain can “make a deal” with itself about the expected timing of the payoff, and thereby more likely to display patience and willpower, as it believes the reward isn’t too far away.*

*Roy Baumeister, a social psychologist known for his work around self-control, motivation, and free will, believes that patience and willpower are virtually limited resources. His theory on Ego-Depletion, states that as we move through our day, we become tired, lose our focus, willpower wanes, motivation tanks, and we no longer have the strength to resist bad decisions or control our levels of impatience. Studies have also shown that children who displayed more self-control fared better in life overall and in many cases self-control was more a predictor of success than intellect, race, or social class.*

*When we think about these past two years, with all that is happening with Covid-19, money stresses, loss of loved ones, and fear of the unknown, it’s no surprise that our patience levels have waned. With so much sustained stress, serotonin levels have surely taken a hit.*



***...children who displayed more self-control fared better in life overall, and in many cases self-control was more a predictor of success than intellect, race, or social class.***

## **The Bigger issue...**

*The issues are bigger than simply being impatient. Excess stress gets held in the body and creates a drain on your serotonin output, as well as causes your nervous system to over-react. When this happens, your adrenal glands release hormones called adrenalin (epinephrine) and cortisol. Ongoing, chronic stress, can cause or exacerbate many serious health problems, including Mental Health issues, such as depression, and anxiety. Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythms, heart attacks, and stroke, so it is in our best interest to learn to manage stress and impatience as best we can.*

### **Can we do anything about it?**

*Thankfully, patience and stress management is a skill that can be learned. As with any new skill, the more we practice the better we get!*



***If you don't do anything about it, stress gets stuck in the body.***

## ***5 Ways to Improve Patience***

*The more you practice the better*

**1. BECOME PRESENT IN THE MOMENT:** *If you are stuck in traffic, or a long line, acknowledge that this is the way it is and that no amount of complaining or grumbling will make it go faster. Use this time to plan your fantasy vacation in your mind, or recall a fond memory. This will help to shift your mood and make the time pass more quickly.*

**2. PRACTICE DEEP, SLOW, BREATHING:** *Your lungs have sensors in them, and when you slow your breathing down it sends signals to the brain and body that you are safe. This will help to calm your nervous system. A good rhythm to start with is: Breathe in for the count of 4, hold for a count of 2, breathe out for a count of 6, hold for a count of 2, and repeat. After a few rounds, you should feel a shift.*

**3. FEEL INTO YOUR BODY:** *Take a moment to become aware of where you feel the “impatience” or tension in your body. If you notice your jaw is tight, loosen it. Move your shoulders up and down, do some light stretching, or place your hand on the area. As you bring attention to each part, you can feel the tension begin to dissipate.*

**4. HUM, SING, OR CHANT:** *Any of these can help to tone your vagus nerve, which in turn helps to calm your nervous system, plus it’s fun!*

**5. POSITIVE SELF TALK:** *Remind yourself; “I can do this,” or “It’s not the end of the world.” Your brain will respond to the messages you are saying to yourself. The more you practice positive language, the better you will feel.*



***Practice makes perfect...***



## ***BONUS TIP!***

*Food affects your mood...*

*Food can also play a role in the way we feel.  
Some serotonin-producing foods are:*

1. Eggs
2. Cheese
3. Pineapples
4. Salmon
5. Nuts and Seeds
6. Dark Chocolate
7. Turkey



*The bottom line, the more we practice patience  
the better off we will all be, so reward yourself and  
others and start practicing more patience today!*

*Happy Holidays,  
Darlene*

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# ***Festive Salmon***

Recipe from: Nagi @ Recipetineats  
<https://www.recipetineats.com/christmas-baked-salmon/>

## **INGREDIENTS:**

### **SALMON:**

- 1.2 - 1.5 kg / 2.4 - 3lb salmon side (skin on, bones removed, Note 1)
- 2 1/4 tsp salt , cooking/kosher (Note 2)
- 1 tsp black pepper

### **HONEY BUTTER GLAZE:**

- 150g / 5oz butter , unsalted
- 1/2 cup honey
- 3 garlic cloves , finely minced (garlic press or knife)

### **CREAMY DILL SAUCE:**

- 1 1/2 cups sour cream , full fat (low fat is too watery)
- 1/2 cup fresh dill , finely chopped (lightly packed cup)
- 1/2 eschallot (French onion) , finely grated
- 1 1/2 tbsp lemon zest
- 1/2 tsp salt , cooking/kosher (Note 2)

### **HOLIDAY "TAPENADE":**

- 1 cup dried cranberries
- 1 cup orange juice
- 1 cup slivered almonds , toasted (Note 3)
- 1/3 cup parsley , roughly chopped
- 1/4 tsp each salt and pepper
- 1 tbsp extra virgin olive oil

### **FINISHING:**

- 1 pomegranate , only the seeds
- 1/4 cup parsley , roughly chopped
- 3 tbsp lemon juice
- 2 lemons, extra , cut in 6 pieces each (for serving, don't skip this)



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## **Instructions**

### **CREAMY DILL SAUCE**

- **Mix ingredients in a bowl until smooth. Keep refrigerated until required.**

### **HOLIDAY TAPENADE**

- **Plump cranberries:** Heat orange juice in a saucepan over high heat until hot. Turn stove off, add cranberries, cover. Stand 15 minutes, then drain in a colander (discard liquid). Cool.
- **Mix:** Mix cranberries, toasted almonds (see Note 3), parsley, salt and olive oil in bowl. Use at room temp.

### **COOKING SALMON**

- Preheat oven to 180°C/350°F (all oven types).
- **Prepare salmon:** Place a large sheet of foil on a tray (double layer for safety is recommended), then top with baking/parchment paper. Place salmon on paper, then fold up the foil sides a bit to cup them so glaze won't run onto tray.
- **Glaze:** Place ingredients in a saucepan over medium high heat. Once it started foaming, turn down to medium, let it foam for 2 minutes then remove and pour straight over the salmon.
- **Season:** Sprinkle salmon with salt and pepper, putting most of the salt on the thicker part of the salmon.
- **Wrap:** Cover salmon with a smaller piece of paper, then foil. Fold and seal up sides to enclose salmon in a parcel – it doesn't need to be 100% tightly sealed.



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### **COOKING SALMON CONTINUED:**

- *Bake 15 minutes. Remove salmon from oven.*
- *Uncover / fold excess paper – Remove paper and foil and paper cover. Fold/scrunch paper and foil sides down to expose salmon surface. Tucking paper down also ensures it won't catch fire when broiling.*
- *Grill/broil to brown: Switch oven to grill/broiler on high. Place salmon on middle shelf in the oven and broil 7 to 10 minutes until you get caramelisation mostly on the edges, a bit on top. Don't put it too close to the heat element otherwise paper might catch on fire! Check to ensure salmon is cooked – either pry open in middle to check or use a probe to check internal temperatures (Note 4).*
- *Transfer to plate: Use foil overhang to transfer salmon onto serving platter straight away (otherwise it keeps cooking). Slide the foil then paper out from under the salmon allowing juices to pool on platter (it's gold stuff!).*
  
- *Cool: Loosely cover with foil, then leave to cool for at least 15 minutes, up to 1 hour or longer (for room temp serving – Note 6 for serving notes).*



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### **ASSEMBLY AND SERVING**

- Dollop then thickly spread with Creamy Dill Sauce (~0.8cm / 1/3" thick layer).
- Pile over Holiday Tapenade, scatter generously with pomegranate seeds, and then remaining parsley. Squeeze over lemon juice.
- Serving: Serve with extra lemon wedges so people can add more to taste. Cut into pieces – I use a cake cutter for serving. Encourage people to slop up some of the honey-butter sauce that will be mixed with semi melted Creamy Dill Sauce – it's so good! This dish is best served slightly warm, not piping hot, also excellent at room temp.



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# Gift Giving for the Season

## **Yes, It's that time of the year again.**

*It's hard to believe that another year has passed us by. My, how the time flies! During the holidays we can find ourselves scratching our heads about what to get the special someone.*

*This year, don't risk delayed shipping. Shop local! You will find your local retailers offering many wonderful things, and it really supports the community.*

## **Gift Ideas**

- *If you are shopping for the person who has everything, try gifting some sort of experience, or adventure. i.e. A Kayak ride, or Theater Tickets.*
- *A Gift Certificate for a Night Out to Support Local Restaurants.*
- *Baked goods, like Homemade Breads and Jams.*
- *Movie or Lottery Tickets*
- *Massage*
- *News Paper Subscription*
- *Gas Card*
- *Gift Certificate to Grocery Store*
- *Manicure/Pedicure*
- *A Nice Pair of Slippers and PJ's*
- *A Heartfelt Card*



*Whatever your gift, as long as it's from the heart is all that truly matters. Enjoy your time, spread some love, and cherish the moments together.*

*~See you next year!*