

SRC NEWSLETTER

SKAGWAY RECREATION CENTER (SRC)

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4 TIPS TO SPRING CLEAN YOUR MIND AND BOOST YOUR MOOD

Spring is quickly approaching. What comes to mind? Springing into fitness? Spring cleaning?

How about a little spring cleaning for your mind? That's where your power exists — the space between your ears. No matter what you're trying to achieve from improving your health to becoming happier it all starts in your head. Do a mental reboot once in a while to give yourself a fresh outlook and a new perspective.



1. Change your mental conversation.

Sure, it's easier said than done to change your thoughts from negative to positive, but if you can slowly make the shift, it can make a dramatic difference in your life.

More people fill their heads with negative thoughts and criticisms than positive thoughts. Realize that everyone gets "monkey brain," which happens when your thoughts hop around and lots of things pop into your mind that you don't have to listen to or believe.

Try to rewire how you think by being **YOUR OWN** best coach. Decide what to think about. Pay attention to your thoughts more and dismiss what you don't want to think about. Make your mind a kind and comforting place to hang out.

2. Connect with a friend.



There's probably someone you'd love to talk to right now, but being busy gets in the way of your friendship connections. Catching up, laughing, expressing, sharing and ultimately connecting can do wonders to reduce your stress level and improve your outlook.

Give a friend you haven't talked to in a while a call or, better yet, schedule a lunch. Our friendships give us a healthy reminder that we're in this life together, and we aren't flying solo. Social connections raise our happiness levels.



3. Write it down.

Writing things down is a powerful practice to clear the clutter in your mind. Grab a journal and vent. Here are a few ideas to get you started:

- Scan your life for the positive with daily gratitude lists. Train yourself to notice all the awesome stuff about your life — from the minors to the majors.
- Rewrite your goals from January to give yourself a springtime recharge.
- Try stream of consciousness writing. Write what comes to your mind ... you just might be surprised at what a cathartic exercise writing just to write can become.

4. Unplug from the negative.



If you watch too much negative news, or spend too much time with people who could be called Debbie Downers, it can bring you down. Be more selective of the what you see, what you read, what you hear and who you hang with.

Choose to surround yourself with uplifting people. Read some positive stories online and watch less news for a while. It's not hiding from reality — it's giving yourself a mental break from the constant flood of hyped-up negative information!

Choose to watch a happy or funny movie or show. There are all sorts of ways you can unplug from the negative and plug into the positive. Don't underestimate how your mind and mood can be influenced by the input all around you.

~Dena May





Buckwheat Ski Classic 2017

The 31st annual Buckwheat Ski Classic is Saturday, March 25, 2017. This year's theme, with a nod to Dr. Seuss, is: "Oh, the Places You'll Ski!" For more information and to register please visit www.buckwheatskiclassic.com

Pick up a copy of the 30th Anniversary Buckwheat Ski Classic DVD at the Mountain Shop or Rec. Center in Skagway for only \$10 and support our Log Cabin Ski Trail Warming Hut Fund!

The Awards Ceremony and Banquet is at 5pm at the Rec Center so please be reminded our Climbing Wall and Basketball Court will not be available for use on Friday, March 24 and Saturday, March 25.

The Skagway Brewing Co. will be catering this year's event with the traditional bread bowl and delicious choices of hearty stews, soups and chowders. Cash wine and beer bar will be brought to you by SDC.

If you are not racing but interested in attending the dinner it is just \$15 dollars! Doors open at 5pm.

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WITH KATIE CAPANO & YUKI TSUJI



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Registration & info:

YogaYuki.com/event

Questions?

contact@yogayuki.com

Instructors:

Katie Capano, katiecapano.com
Yuki Tsuji, YogaYuki.com

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