

SRC NEWSLETTER

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SKAGWAY RECREATION CENTER (SRC)

The Benefits of Recreation

Recreation is an essential component of human health. It offers us time to be together with like-minded people, friends, and family, and to have fun while refreshing the body, mind and spirit through play or social interactions that are relaxing, enjoyable, amusing, adventurous, educational and physical in nature.

Unfortunately, because recreation is considered a leisure activity in our country not everyone understands the importance of play and how it affects our overall health and well-being. Hard work is stressed (and stressful) while those who engage in life's simple pleasures are called lazy or self-indulgent. We have become a society of obese, unhealthy and unhappy individuals that use television, food, drugs, alcohol etc. to relax when we should be getting out in nature, exercising, interacting with people, and taking pleasure in healthy activities we find enjoyable.



Listed below are just some of the benefits of recreation that will hopefully inspire you to start making time for pleasurable activities on a regular basis. (*List adapted from Science and Lifestyle 2013*).

1. **Recreational activities help you relax and give a soothing effect to your nervous system.**
2. **Recreation improves health by reducing stress and tension (one of the main causes of illness and disease).**
3. **Recreational activities are a natural way to stay fit and healthy in life.**
4. **The social benefits of recreational activities are profound as they help you meet people who share a common interest and support one another.**
5. **Recreation refreshes your senses and prepares your mind for challenging situations.**
6. **Recreational activities give you energy and make you feel alive again! It's truly the best way to recharge when feeling exhausted and drained out.**
7. **Recreational activities improve quality of life, increase self-esteem and self-confidence and promote a positive self-image.**



There are many different types of recreation and what value and benefit you derive from an activity depends upon your willingness to try it out. Whether it's a yoga class, rock climbing, a night at Upper Lake with your friends, or kayaking,

we are encouraging everyone this month to try something new and would like you to help us encourage others to get involved.



During the month of July we are offering all existing members one FREE day pass that allows you to bring a friend or family member to the Rec Center to try out a class, get in a workout, or play some ball! Just let staff know that you would like a day pass and who it is for and we will get you all set up. (This offer is good only for the month of July).

Enjoy!

Katherine Nelson, SRC Director

APPETITE CONTROL TIPS

Need to lose a few pounds but can't seem to control your appetite? Not a problem! Try the following tips from health.com to help you feel full longer so you eat less, have more energy and feel good in whatever you're wearing!

- ◆ Drink water throughout the day and be sure to down a full glass 10 minutes before your meal. This will curb your appetite and trim up to 60 calories per meal.
- ◆ Use vinegar and cinnamon where possible for flavor. These two ingredients can help regulate blood sugars after meals, and help you feel full longer after eating, according to a study from the Department of Agricultural and Food Sciences in Zurich, Switzerland.
- ◆ Snacking on green and orange vegetables can help you feel full without putting a huge dent in your daily calorie count. Use hummus for a dip or skip the dip all together.
- ◆ The complex trio of fiber, protein and fat in nuts activates satiety so you eat fewer calories throughout the day. (Plus they may increase metabolism up to 11%!) Pre-measure your snack to stay within your daily desire caloric intake.
- ◆ Oats have a filling fiber compound called beta-glucan that helps the body release CCK, a hunger-suppressing hormone.
- ◆ Beans contain a fiber-protein balance to increase fullness. As an added bonus, a diet rich in legumes may also up your metabolism, according to a Spanish study.
- ◆ Eggs are protein-packed! A study in the Journal of the American College of Nutrition found eating them helps control appetite for up to 36 hours. (Just watch your total cholesterol and strive for a plant based diet.)

The Skagway Recreation Center will be
OPEN 11 am-3 pm July 4th!

The Upside of Anger and Tips for Taming Your Temper

According to neuroimmunologist Dr. Candace Pert, our emotions link our bodies to our minds and spirits, and all emotions, including anger, convey messages to our conscious selves. "Anger" is an emotional or behavioral reaction to an unmet expectation. A friend is an hour late for dinner. Someone takes a parking space we were waiting for. We don't get that promotion. We get angry because each outcome we desired did not happen.



Suppressing anger can lead to cardiovascular issues and depression. The trick is rewiring our brains to process anger appropriately instead of acting out in potentially harmful ways.

Accept that anger is a signal something is out of balance. Tell your tardy friend how her actions impact you. "When you're late, I feel angry because it feeds into the belief that you don't respect our friendship." This is a way to vent your anger without lashing out. Anger at work might mean you're in a job you don't really like. Could this frustration be an opportunity to find a new position doing something you love?

Pay attention to thoughts you're experiencing around whatever triggered your anger response, take a deep breath, and observe your emotions from a different perspective. Is anger protecting you from feeling vulnerable or threatened? Are you replaying an old tape from your past?

Rather than suppressing your anger, remember it's our body's way of signaling something's out of balance. Honestly assessing the situation can help transform anger into taking action for a positive, healing outcome. Below are a few tips to help you emotions under control!

1. Think before you speak: *In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything and allow others involved in the situation to do the same.*

2. Once you're calm, express your anger: *As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.*

3. Get some exercise: *Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other enjoyable physical activities.*

4. Take a timeout: *Timeouts aren't just for kids. Give yourself short breaks during times of the day that tend to be stressful. A few moments of quiet time might help you feel better prepared to handle what's ahead without getting irritated or angry.*

5. Identify possible solutions: *Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening or agree to eat on your own a few times a week. Remind yourself that anger won't fix anything and might only make it worse.*

6. Stick with 'I' statements: *To avoid criticizing or placing blame use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes" instead of "You never do any housework."*

7. Don't hold a grudge: *Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation and strengthen your relationship.*

8. Use humor to release tension: *Lightening up can help diffuse tension. Use humor to help you face what's making you angry and, possibly, any unrealistic expectations you have for how things should go. Avoid sarcasm though. It can hurt feelings and make things worse.*

9. Practice relaxation skills: *When your temper flares, put healthy relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses.*

10. Know when to seek help: *Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.*



Skagway Recreation Center (SRC) 8th Annual Trail Challenge



Registration forms are available at the Skagway Recreation located on the corner of 13th Avenue and Main Street. Registrations forms must be submitted to the Skagway Recreation

Center no later than 9 p.m.

September 25, 2017.

All participants completing the

Explorer, Advanced or Expert

Adventure will receive a FREE

day pass to the Skagway

Recreation Center and a

chance to win a 1 night

(Explorer), 2 night (Advanced), or 3 night (Expert) stay at

Upper Lake Cabin. We would love to see your photos so

please send them to us at reccenter@skagway.org.

Winners will be announced at the Rec Center on

Tuesday, September 26, 2017



Participation in this event is at your own risk!

Please hike responsibly.

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