



5 Ways Mentally Strong People Deal With Rejection

Adapted from The Inc. Life

Ever notice how being turned down stops some people from trying again, while others bounce back from rejection stronger than before? Everyone experiences the sting of rejection, but mentally strong people use that pain to grow stronger and become better.

Whether you were excluded from a social engagement, or you were passed up for a promotion, rejection hurts. The way you choose to respond to rejection, however, could determine the entire course of your future. Here are five ways mentally strong people overcome rejection:

1. They Acknowledge Their Emotions

Whether you've been stood up by a date or turned down for a promotion, rejection stings. Trying to minimize the pain by convincing yourself or someone else that it was "no big deal" will only prolong your pain. The best way to deal with uncomfortable emotions is to face them head-on.

Rather than suppress, ignore, or deny the pain, mentally strong people acknowledge their emotions. They admit when they're embarrassed, sad, disappointed, or discouraged. They have confidence in their ability to deal with uncomfortable emotions head-on, which is essential to coping with their discomfort in a healthy manner.

2. They View Rejection as Evidence They're Pushing the Limits

Mentally strong people expect to be rejected sometimes, and they're not afraid to go for it, even when they suspect it may be a long shot. If you never get rejected, you may be living too far inside your comfort zone. You can't be sure you're pushing yourself to your limits until you get turned down every now and then. When you get rejected for a project, passed up for a job, or turned down by a friend, you'll know that you're putting yourself out there. Rejection serves as proof that you're living life and taking risks.

3. They Treat Themselves With Compassion

Rather than think, "You're such an idiot for thinking you could do that," mentally strong people treat themselves with compassion. They respond to negative self-talk with a kinder, more affirming message. Whether you got dumped by your long-term love or blindsided by a recent firing, beating yourself up will only keep you down. Speak to yourself like a trusted friend. Drown out your harsh inner critic by repeating helpful affirmations that will keep you mentally strong.



4. They Refuse to Let Rejection Define Them

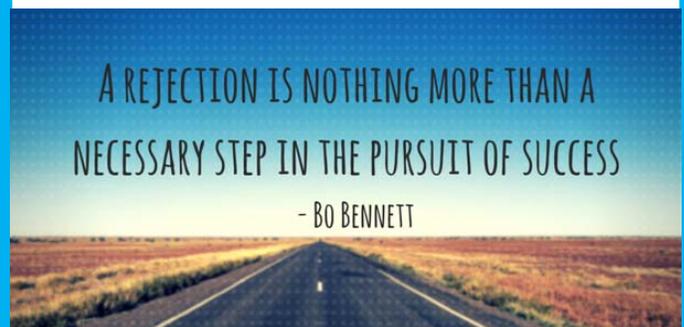
Mentally strong people don't make sweeping generalizations when they're rejected. If one company turns them down for a job, they don't declare themselves incompetent. Or, if they get rejected by a single love interest, they don't conclude they're unlovable. They keep rejection in proper perspective. One person's opinion, or one single incident, should never define who you are. Don't let your self-worth depend upon other people's opinions of you.

5. They Learn From Rejection

Mentally strong people ask themselves, "What did I gain from this?" so they learn from rejection. Rather than simply tolerate the pain, they turn it into an opportunity for self-growth. With each rejection, they grow stronger and become better. Whether you learn about areas in your life that need improvement, or you simply recognize that being turned down isn't as awful as you imagined, rejection can be a good teacher. Use rejection as an opportunity to move forward with more wisdom.

A REJECTION IS NOTHING MORE THAN A
NECESSARY STEP IN THE PURSUIT OF SUCCESS

- BO BENNETT



THE BENEFITS OF EATING THE RAINBOW

The more color you add to your plate from Mother Nature's fruits and vegetables, the more micronutrients you'll consume. And that's a good thing because micronutrients are comprised of phytonutrients, vitamins and minerals that fuel your body to perform at its best. Here are some of the many reasons eating the produce rainbow can help improve your health.



GREEN

Eat, juice & blend more green for these potential health benefits:

- Up-regulate detox enzymes in the liver
- Slow macular degeneration
- Improve eye health
- Reduce risk for certain cancers like colon, bladder and breast



MICRONUTRIENTS:

Sulforaphane
Magnesium
Iron
Calcium
Lutein
Potassium
Vitamin K
Folate

RED

Eat, juice & blend more red for these potential health benefits:

- Reduce risk of stroke and macular degeneration
- Reduce inflammation
- Promote heart health
- Help protect against prostate cancer



MICRONUTRIENTS:

Lycopene
Anthocyanin
Ellagic acid
Vitamin C
Quercetin

ORANGE/YELLOW

Eat, juice & blend more orange and yellow for these potential health benefits:

- Boost antioxidant intake
- Promote anti-inflammation
- Keep eyes and skin healthy
- Provide electrolytes and anti-inflammatory compounds to reduce post-exercise sore muscles



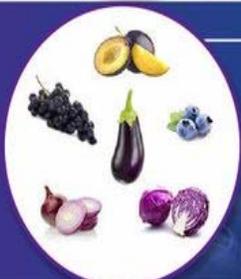
MICRONUTRIENTS:

Beta carotene
Alpha carotene
Potassium
Vitamin C
Vitamin A

BLUE/PURPLE

Eat, juice & blend more blue and purple for these potential health benefits:

- Increase antioxidant consumption
- Promote anti-inflammation in the heart and blood vessels
- Support the immune system
- Improve skin health and help prevent wrinkles



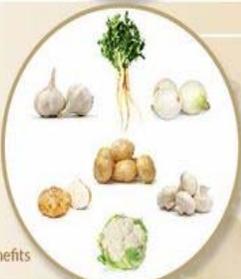
MICRONUTRIENTS:

Vitamin C
Potassium
Folate

WHITE/COLORLESS

Eat, juice & blend more white for these potential health benefits:

- Reduce risk of cardiovascular disease and different types of cancers
- Support healthy bones and reduce risk of osteoporosis
- Support immune system
- Reduce free radical damage
- Lower blood cholesterol levels
- May provide antifungal and antibacterial benefits



MICRONUTRIENTS:

Vitamin C
Allium
Sulforaphane
Flavonoids

Eat a Rainbow Every Day!

Get more information on juicing and eating for health and weight loss at rebootwithjoe.com



Skagway Recreation Center (SRC) 9th Annual Trail Challenge

Start Date: May 1, 2018

End Date: September 30, 2018

Pick Your Adventure:

Explorer (4 Trails)

Advanced (8 Trails)

Expert (13 Trails)

TRAIL	TIME	DISTANCE
YAKUTANIA POINT	1 HR	1.6 Miles
SMUGGLER'S COVE	1-2 HRS	2 Miles
LOWER REID FALLS	1-2 HRS	3-4 Miles
LOWER DEWEY LAKE	1-2 HRS	3.6 Miles
ICY LAKE	3 HRS	6 Miles
STURGILL'S LANDING	3-4 HRS	7 Miles
LAUGHTON GLACIER	4-6 HRS	3-5 Miles
LOST LAKE	4 HRS	4 Miles
DENVER GLACIER	4-6 HRS	4-6 Miles
UPPER DEWEY LAKE	6 HRS	6 Miles
DEVIL'S PUCHBOWL	8 HRS	8.5 Miles
A.B. MOUNTAIN	8 HRS	10 Miles
CHILKOOT TRAIL	3-5 Days	33 Miles

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 7 p.m. September 30, 2018. All participants completing the Explorer, Advanced or Expert Adventure will receive a FREE yoga class 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. Winner will be announced at the Rec Center on Monday, October 1, 2018.

Participation in this event is at your own risk!

Please hike responsibly.

Skagway Recreation Center

Main and 13th Avenue PO Box 868

Skagway, AK 99840

907.983.2679 phone

www.skagwayrecreation.org

FULL TIME STAFF

Katherine J. Nelson, Director

k.nelson@skagway.org

Dena May, Recreation Worker

d.may@skagway.org

Elizabeth Tyson, Recreation Worker

j.tyson@skagway.org

KayLynn Howard, Rec Center Assistant

k.howard@skagway.org

SEASONAL STAFF

Gillian Smith, Rec Center Assistant

g.smith@skagway.org

Emily Sheridan, Rec Center Assistant

e.sheridan@skagway.org

ADVISORY BOARD MEMBERS

Cory Nelson Mary Thole Jason Verhaege

Jennifer Hayes Jamie Lawson

Jay Burnham, Ex Officio