Subject: Re: Access Recreation Newsletter - UPDATED

From: Richard at Mitchell AR

Date: January 3, 2017 at 3:45 PM

To: Sharon

shamadan@spiritone.com


our mood. (To read the full article click the link below.)

experience irregular levels of serotonin, a brain chemical (neurotransmitter) that affects other circadian rhythms. People with decreased exposure to sunlight may also suffer from a lack of sunlight which may interfere with your “biological clock” which controls your sleep cycle and other rhythms.

What exactly causes SAD, but they think it may be caused by a lack of sunlight. Lack of sunlight is one of the factors that can lead to seasonal affective disorder. They believe that the lack of sunlight can cause a decrease in the production of serotonin, a neurotransmitter that helps fight off depression. Lack of sunlight can also affect the production of melatonin, a hormone that regulates sleep.

Winter blues?

winter blues?

Winter blues are a milder form of seasonal affective disorder. They are characterized by feelings of sadness, loss of interest in activities, and changes in appetite. People with winter blues may also experience difficulty sleeping or oversleeping.

Other factors that can contribute to winter blues include changes in weather and the lack of social interaction. The lack of sunlight during the winter months can also affect the production of serotonin and melatonin, which can lead to a decrease in mood.

What can be done to prevent winter blues?

There are several strategies that people can do to prevent winter blues. One effective strategy is to get regular exercise, which can help boost mood and improve sleep. Another effective strategy is to limit exposure to artificial light, which can help keep your body clock in sync with the natural light cycle.

The holiday season is upon us. Christmas lights are burning bright. If you’re looking for a way to take in all of the twinkling lights and enjoy the outdoors at the same time, we have a few suggestions for you. Take the family on a magical hike through the woods… or experience the Oregon Zoo in a festive fashion.

The holiday season is a time for celebration and joy. It’s also a time when many people experience uncharacteristic feelings of sadness and lethargy. Seasonal affective disorder, or SAD, is a type of depressive disorder that occurs with the onset of the fall season. It’s characterized by symptoms of depression, such as mood swings and loss of interest in activities.

Many people experience uncharacteristic feelings of sadness and lethargy. Seasonal affective disorder, or SAD, is a type of depressive disorder that occurs with the onset of the fall season. It’s characterized by symptoms of depression, such as mood swings and loss of interest in activities.

As the fall foliage makes its final descent to the ground, and the days continue to shorten, we have a few suggestions for you. Take the family on a magical hike through the woods… or experience the Oregon Zoo in a festive fashion.

To read the full article click the link below.

You are receiving this email because you have expressed interest in the Access Recreation Project and we value your support.

By Kyla Laraway

Steigerwald Lake National Wildlife Refuge. To view more videos visit our website AccessTrails.org

At this writing, seven of the 12 trails have been reviewed and put on the web information on each park reviewed to date, that will be a part of the final 12 for the current 2016 Metro Nature in Neighborhoods grant. The AR team is completing the grant.

We’re excited to announce that the Tualatin River water trail which will be a fun “trail” to review in the spring. AccessTrails.org

Our Latest Video - Steigerwald Lake National Wildlife Refuge

AccessTrails Latest Video

Mark Your Calendar

Project Coordinator’s Update

“Connecting People of All Abilities to Outdoor Recreation”

Recent Trail Visits

Holiday Events

ZooLights

Holiday Trails

Beyond Accessible

Lighting of Maddox Woods

Christmas Fantasy Trail at Wenzel Farm

Our Latest Video

Christmas scenes and more!

Christmas scenes and more!

A dazzling display of more than a million and a half holiday lights! Now through January 1st, 2017

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