



WORK WELL UPDATE

A PEEK INSIDE:

MIND

How your ideas about money shape your spending

BODY

Calm your body with a 2-min meditation

FOOD

A meal that will help you waste less food

RESEARCH

The busier you are, the more you need mindfulness

MYTHS DEBUNKED

Why thinking about lunch is actually meditating

MAY: Mindful May

As summer approaches and schedules begin to fill up, it is crucial to take the necessary time to mentally unwind. This month, we've assembled some simple and practical mindfulness tips and information to make your daily routine feel more relaxed and more focused. Take a few minutes out of your day to explore how you can use the practice of mindfulness to boost your happiness and health...

On the Goga is a workplace wellness company guided by one, simple principle: Happy People Do Great Things.

Learn More About Mindful Wellness Programs
www.onthegoga.com



healthy tech

Headspace app

Learn the essentials of Mindfulness using your phone.

The app description is generally split into 2 paragraphs. For full info on content, see the 'Newsletter Outline' Doc.

Cost: \$14.95 per month

office holidays

the official May list

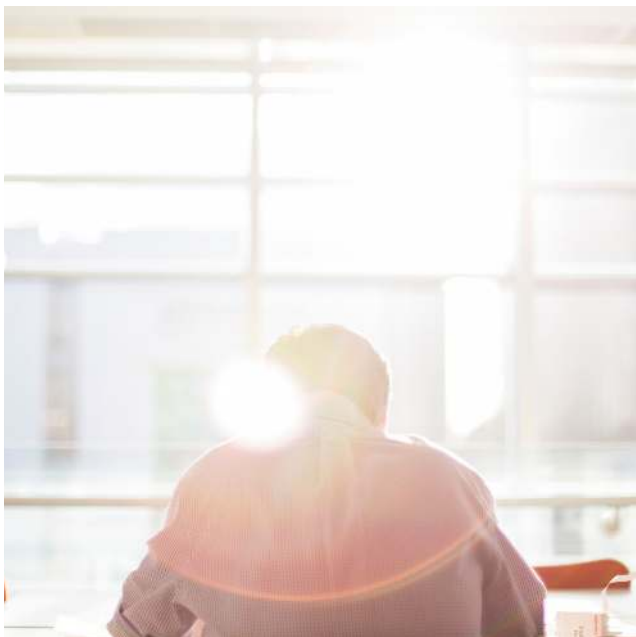
3rd: Garden Meditation Day

9th: Lost Sock Memorial Day

11th: Eat What You Want Day

14th: Dance like a Chicken Day

20th: Be A Millionaire Day



wellness in 2

take a mindful moment

Next time you feel stressed or lethargic, take a moment to check in with yourself.

Set your phone alarm for 2 minutes. Close your eyes and bring awareness to the sensations of your body: what does your breath feel like? What sensations do you feel in your arms and legs? Breathe like this until your alarm goes off.



THIS MONTH'S
**health
myth
debunked**

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MYTH:
WHEN MEDITATING,
YOUR HEAD SHOULD BE
CLEAR OF THOUGHTS

FACT: There are many different styles of meditation, but most don't actually require your mind to be void of all thought. In fact, mindfulness meditation, one of the most studied and widely practiced meditation styles in the west, is actually about **noticing** what's happening in the present moment. This includes the thoughts that come up in your head - even the ones like "I wonder what I'm going to have for lunch..."

When we try **not** to think about something, our brain often focuses on exactly the thing we're trying to avoid. For example, what comes to mind when you read: Don't think of a pineapple?

Right. So instead of trying to think of "nothingness" when you're meditating, try instead to bring your attention to a physical sensation in your body. Notice what the air feels like as it enters and exits your nose. Notice what your feet feel like in your shoes.

This practice of bringing mindful awareness to a present-moment sensation naturally works to calm and focus the chatter in your mind.



BE MINDFUL, WASTE LESS
use-it-up frittata

Ingredients

- 6 large eggs
- 6 oz vegetables cut into 1/2 pieces
- 1/2 cut cooked grains
- 1 oz grated or crumbled cheese
- 1 TBS herbs (thyme, basil or chives)
- Salt, black pepper and 2 TBS of oil

Instructions:

- Whisk 6 eggs into medium bowl
- Add vegetables, grains, cheese & herbs
- and more and heat oil
- Add egg mixture, let mixture sit
- Reduce heat to low & continue to cook
- Place large plate over skillet
- Cook until set, about 3 minutes

Recipe from: Bon Appetit: See Full Recipe Here





INSTRUCTOR SPOTLIGHT

kristy runzer

Financial Health Coach

IDENTIFYING YOUR MONEY MINDSET

Your money mindset is your thoughts, beliefs, and feelings about money that influence your habits and actions. Sometimes your money belief system was shaped by external factors. Factors that are outside of your control.

Your first understandings of money came to you from family, society, your environment, etc. Because of what you heard, saw, and experienced, you formed a belief system around money - what it means, how to use it, and how to interact with it.

So how do you learn about your money mindset? Start by paying attention to your thoughts, beliefs, and feelings about money. Once you have gained an awareness of what is serving you, and what is holding you back, it's time to get rid of those negative beliefs and embrace new ways of thinking. Strengthen and reinforce your positive money thoughts, and consider how you could let negative beliefs go.

It's all about growing into the person you want to be, and using money as a tool to support you along the way.

the busier you are the more you need mindfulness

Source: The Harvard Business Review

If you resonate with the words "I'm too busy to meditate," then this article is for you.

While the popularity of mindfulness continues to rise, many of us are sure that we're simply too busy to carve out the time for another item on our to-do list. However, the research shows that just a couple minutes of mindfulness is so impactful, you actually can't afford not to do it.

THE RESEARCH

A 2015 article published in the Harvard Business Review outlines numerous studies that point to the time-saving, productivity inducing benefits of mindfulness. How taking the time to integrate mindfulness into your daily routine actually increases overall work productivity and lowers stress levels.

One study published by the University of Washington found that mindfulness increases accuracy rates, ability to multitask, and ability to handle stress. One highlights how mindfulness gives us perspective on the causes of our stress, and helps decrease its negative effect on our brains and bodies.

Aside from clinical research, countless success stories of

corporate mindfulness trainings continue to pour out of the nation's leading companies including Google and Aetna.

One Aetna case study found that employees who utilized the company's yoga and meditation breaks reported lower stress, better sleep, and even less physical pain. In terms of productivity, the company calculated that participants gained 62 minutes of productivity a week... that's equivalent to a \$3,000 increase in productivity per employee per year.

A MINDFULNESS PRACTICE FOR THE BUSY MIND

If you have enough time to breathe, you have enough time to practice mindfulness. Mindfulness is the act of noticing what is happening in the present moment. This means that you could begin a mindfulness practice right now, just by noticing the yellow color behind this article, or feeling the sensation of air entering and exiting your nose or mouth.

Set an alarm once a day to remind yourself to notice the sights, sounds, smells, tastes, and feelings in and around your body. That really is all it takes.



3 OUTDOOR ACTIVITIES TO HONE MINDFULNESS

MAKE A PICNIC

Whip up some nutritious nibbles and snag a perfect spot at your local park to enjoy the views.

GET OUT OF TOWN

Grab some friends and take a hike (bring your water and snacks!). Notice the sounds along the way.

GRAB A KAYAK

Many sports outfitters and parks on the water rent beginner-friendly kayaks. Take some time to notice how the sounds on the water are different than the sounds you hear every day.



DIY:
Mindfulness reminders
around the office:

CHILL YOURSELF OUT

Leaving mindfulness reminders around office is a great way to remind yourself to practice mindfulness, even when your brain is running busy with work. Make your own reminders in 4 simple steps:

STEP 1 - Choose a few mindfulness cues that work for you (see the examples to the right)

STEP 2 - Write your cues on colorful post-it notes

STEP 3 - Leave our cues around the office in places you visit often (the water cooler, the fridge, or right above your desk)

EXAMPLE MINDFULNESS CUES

- Take a deep breath
- What are you doing with your hands?
- What color is this post-it?
- Notice your body
- Smile for 30 seconds

THIS MONTHS
**Your Question,
Answered.**

Have a health or wellness related
question you want answered?

Email us at info@onthegoga.com
use the subject line
MY QUESTION ANSWERED

**Question: "Is sunscreen REALLY that
important?" - Preston, Nashville**

Hey Preston, thanks for the question! The short answer is yes. Too much sun can damage or kill skin cells, leading to a sunburn now and more serious complications down the line like skin cancer.

Consider adding 30 seconds to your morning routine for applying sunscreen, and keep a small bottle in your bag for when you're on the go. Future you thanks you.

