It's mid summer and as nice as the weather may be, it's also the time of year to think about getting away. This month we're encouraging you to take a much needed pause. We've assembled some simple and easy ways to get that R&R, from a vacation planning app to some mindful reading. Whichever you choose, take some time this month to recharge for a happy, healthy mind.

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

Hopper app
Save time, money and the hassle of finding the best deal when booking your next trip.

Enter your destination and Hopper will alert you with the best times to purchase your plane ticket, which airports have the best deals, and even offers ideas for pit stops close to your desired destination that will cut down travel costs.

Cost: Free

office holidays
the official July list

1st: Creative Ice Cream Day
4th: Caesar Salad Day
12th: Different Color Eyes Day
22nd: Hammock Day
31st: Avocado Day

wellness in 2

Vacation: the buzzword of July, when everyone is either going on one, or simply talking about one. Turns out the biggest boost of happiness happens in the planning phase! According to one study, the act of planning a vacation can boost happiness for up to 8 weeks!

Take two minutes this month to let your mind wander into vacation bliss. Jot down 5 'must haves' in your dream vacation and experience the immediate relaxation.

Source: Monday Mornings with Madison
FACT: "I have too much work to do to take off," "I didn’t reach my metrics," "I don’t deserve a break." "We have a deadline coming up, there’s no way I can swing a vacation." These thoughts of taking a vacation plague Americans. If you resonate with those thoughts, you’re not alone. According to, The Happiness Track, 55% of Americans did not use their vacation days in 2015. For those who did, 41% are checking into work while away. About 84% of U.S. executives have canceled vacations in order to work.

The irony? Although Americans tend to pride themselves on their hard work and dedication, the research shows that we will actually perform better when we do get away. Scientists out of The University of California, San Francisco, found that employees who take vacation are more energetic, less stressed, and experience less burnout. Studies have also shown that vacations help us to work harder, increase enthusiasm and strengthen our health. So, the next time a vacation is presented, remember -- it could be the secret ingredient for that next promotion!!

Source: 3 Scientific-Based Reasons Vacations Boost Productivity

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**THE TRAVELER’S SNACK**

**no bake-energy bites**

**Ingredients**
- 1/2 cup of chocolate chips
- 2/3 cup of toasted coconut
- 1 tbs of vanilla extract
- 1/2 cup of old fashioned oats
- 1/2 cup of honey
- 1/2 tbs of ground flax seeds

**Instructions:**
- Stir all ingredients together in a medium bowl
- Cover and let chill in refrigerator for 30 minutes
- Roll into balls of preferred size and store in airtight container

24 Servings | 25g Calories Per Serving
Prep Time: 10 Min | Cooking Time: 0 Min

Source: Gimme Some Oven
3 mindfulness books everyone should read

Mindfulness isn't hard or complicated. It's just doing anything with intention. This means you can choose how you want to practice. For example, this month is all about 'Great Escapes', and reading is an easy way to immerse yourself in the moment without rushing through it. Here are three mindfulness books that I find both relatable and enjoyable:

1) How To Stop Feeling Like Sh*t by Andrea Owen

2) The Gift of Imperfection by Brene Brown

3) The Way of Zen by Alan Watts.

The common theme is simple: We are not alone in any emotion we experience. These books, in their own beautiful way, provide the tools to live every day a little bit more mindfully, and with a little bit more joy.
3 summer activities to improve your financial health

MAKE YOUR OWN COLD BREW
Turns out you don’t have to spend $6 on a cold brew. Making your own is simple. Just check out google for a recipe!

WALK TO WORK
Switch up your daily commute (if you can) by using the ol’ fashioned heel toe express to cut down on travel costs.

SHOP AT A LOCAL FARMERS MARKET
Farmers markets are a great way to support local farmers. They offer a wide variety of veggies that are sometimes as much as half the price.

DIY: MAKE YOUR OWN SKIN HEALING REMEDY

Avoiding sunburns is always the goal, but if you are suffering from a summer burn try this natural cooling lotion.

SUPPLIES:
Organic Coconut Oil, Aloe Vera Gel, Lavender Oil, Peppermint Oil, and a Mason Jar.

INSTRUCTIONS:
• Add coconut oil + aloe vera gel into a large mixing bowl
• Whip coconut oil + aloe vera gel until a fluffy consistency
• Add oils
• Fill mason jar about 3/4 of the way full + seal with lid

ice, ice, baby

Project From: Freebie Finding Mom

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: “How do I eat healthy at the airport?” -Jessie Simon, Philadelphia

Thanks for the great question Jessie! We always recommend packing travel snacks, including granola bars, mixed nuts, rice cakes, or a sandwich/wrap to provide maximum energy with minimal cost. But, we realize this isn’t always an option. Believe it or not, there are some healthy options buried in the haystack of airport fast-food.

Two examples are: The Starbucks Classic Whole-Grain Oatmeal. Provided you don’t add a ton of brown sugar, this snack is a very reasonable 160 calories, and packs 5 grams of protein! Or try Au Bon Pain’s Garden Vegetable Soup for a hearty serving of veggies at just 110 calories per cup.

Source: Well and Good