As summer winds down, we tend to get caught up in last minute vacations or booked up weekends. Couple that with work, and we can find ourselves feeling worn down and stressed out. Take this month to strike your balance between work and life, relaxation and adventure, up time and down time... read on for tips and tricks on how to find your rhythm and enjoy the end of the summer!

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

WOOP app

When you’re busy with work and life, setting personal goals can feel daunting. With the WOOP app you will learn how to set efficient and effective goals in all areas of your life.

This app integrates small steps practices into your daily routine. Put your personal goals first and watch your goals turn into accomplishments over time!

Cost: Free

office holidays

the official August list

1st: Ice Cream Sandwich
6th: Wiggle Your Toes Day
8th: Happiness Day
13th: Left-Handers Day
31st: Trail Mix Day

wellness in 2

Schedule Downtime

Creating the space for downtime allows us to become more focused, energized and efficient. The upside to downtime, as Harvard Business Review puts it, is an increase in productivity. Without designated time away from our busy schedules, we hinder our own performance.

Take two minutes to pencil in 30-60 minutes a night to “personal time.” The simple act of putting the time on your calendar has positive benefits. Not to mention actually taking the time to enjoy yourself will help you feel more fulfilled and less burnt out during your week.

Harvard Business Review
Have you ever felt exhaustion despite receiving the recommended hours of rest, indulged in cynicism toward your workplace, or experienced the “Sunday scaries?” If you have, you’ve experienced burnout — and trust us, you are not alone. A 2016 survey conducted by Moror Consulting found that 40 percent of office workers in the United States and Canada feel burnt out. More than half of U.S. employees feel overworked at least at some point in their current roles, according to a ABC News article recently published in May. Burnout is another word for chronic stress, which has a massive impact on adrenaline and cortisol levels. When stressful stimuli are routinely present, we feel constantly under attack. This causes our bodies to operate in “fight or flight” mode, which over times gives us the physical feeling of burnout.

Now we have established that majority of Americans experience burnout how can we overcome it? Marissa Mayer, Google’s first female engineer, has developed her own rule of thumb: find your rhythm. She explains: “you can’t have everything you want, but you can have everything that matters to you.” Marissa traces the cause of burnout to the build-up of resentment at having to give up what really matters to you. “So, whatever it is, make sure you get it. otherwise you will spend the rest of the week resenting what you didn’t get to have — what worked deprived you of.”

Source: Psychology Today + The Muse

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### A QUICK, BALANCED MEAL

#### Skillet Cashew Chicken Stir Fry

**Ingredients**
- 1 tbsp olive oil
- 1 lb boneless chicken breast, cut into 1-inch pieces
- 3 cloves garlic
- 2 cups broccoli florets
- 1 red bell pepper
- 1 cup snap peas
- ½ cup of carrots
- ½ cup unsalted cashews
- 4 green onions

**For the Sauce:**
- 4 tbsp soy sauce
- 3 tbsp peanut butter
- 2 tbsp honey
- 1 tsp sesame oil
- 1 tbsp grated ginger
- 2 or 3 tbsp water

**Instructions:**
- Whisk together soy sauce, peanut butter, honey, sesame oil, and grated ginger in a small bowl.
- In a large skillet over medium heat, drizzle olive oil and add chicken. Cook for 4-5 mins.
- Add broccoli, bell pepper, snap peas and carrots to skillet. Cooks for another 5 mins - until veggies are tender + add cashews and green onions to peanut sauce.
- Mix everything together with sauce and cook for 1 more min.

6 Servings | 268 Calories Per Serving
Prep Time: 10 Min | Cooking Time: 20 Min

Source: Eat Yourself Skinny
When I think of "Striking the Balance," a well-rounded life comes to mind. This recipe looks different for everyone, but for me, mindfulness is the route to this discovery. Noticing when you feel off, or conversely, what lights a fire in you and why, is important to understanding your personal needs. I traveled through New Zealand last year, and learned that I value perspective, intellectual curiosity, and conversations with new people.

For me, perspective comes from travel, nature, or even exploring a different part of the city. By being somewhere new puts my situation into perspective, and gives me gratitude.

Intellectual curiosity usually comes from reading or listening to podcasts. Right now I’m reading “Sapiens” by Yuval Noah Harari and my favorite podcast is NPR’s “How I Built This”.

Conversations with new people is my newest identified need. Talking to a stranger helps me to practice empathy, which grounds me in our interconnectedness, and helps me learn about myself. Whenever I connect with someone new, I walk away with the best energy. This spark sets me right back in balance.

INTRODUCTION
We are hardwired to be hard on ourselves. We tend to listen to the little voice inside our heads that focuses on our failures and overshadows our successes. We’re raised to believe being harsh towards ourselves keeps us in check, and we sometimes even credit it with our successes. The truth is that high levels of self-criticism can actually kill motivation and actually amplify our failures.

THE RESEARCH
According to Dr. Richard Davidson, founder and director of the Center for Healthy Minds at the University of Wisconsin-Madison, “Self-criticism can lead to ruminate thoughts that interfere with our productivity, and it can impact our bodies by stimulating inflammatory mechanism and lead to chronic illness and accelerate aging.” With a little self-love and compassion we can start managing the critical voices in our heads and unlock our potential.

STEP 1: NOTICE
The first step is to notice. What are you saying to yourself when something goes wrong? Let’s look at an example. Imagine the thought “you’re so lazy.”

STEP 2: MEET CRITICISM WITH KINDNESS
Self-compassion may seem hard or even a little silly at first, but the only way to get better is to practice. After you’re aware of your thoughts, you can begin to shape them into more positive, kinder statements. Instead of “you’re so lazy” try, “we all make mistakes” or “you are doing your best.”

STEP 3: MAKE A DELIBERATE EFFORT
Possibly the hardest, but most profound step is to embed this habit into your daily life. Practicing compassion deliberately is the key to making a long-term shift. Recognize the difference between how you feel when caught up in self-criticism and how you feel when you try on self-compassion. In other words, be mindful. You will lose it from time to time, and that is okay - remember, it’s a practice, not a perfect.
3 WAYS TO ADD EASE INTO YOUR BUSY DAY

LISTEN TO MUSIC
Did you know listening to music activates both the left and right hemispheres of your brain, which boosts memory and the capacity to learn? So, plug in and listen away, you’re getting smarter!

FOCUS ON YOUR BREATH
Recharge yourself without the extra cup of coffee by taking deliberate deep breaths. You’ll feel energized and ready for the next task.

STRETCH IT OUT!
Stand up and do a body scan of what’s been stiffening up. Take a moment and address these pain points, can be as simple as stretching your hands above your head.

HOW TO:
Practice Tree Pose (Vrksasana)

STEP 1 - Stand tall with your feet hip distance apart. Toes facing twelve o’clock

STEP 2 - Shift your weight into your left foot. Bend your right knee and place the sole of your right foot against your inner left ankle, calf or thigh.

STEP 3 - Place your hands on your pelvis. Gently tuck your tailbone and hug your low belly gently in towards your spine.

STEP 4 - Gaze at a fixed point in front of you and raise your hands to heart center or above your head.

strike a pose

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 there such a thing as drinking too much water?” - Quynh-Mai Nguyen, Philadelphia, PA

Thanks for the great question, Quynh! The short answer is yes. Drinking too much water can cause a condition called Hyponatremia, which translates to “low sodium in the blood.” This occurs when too much salt leaves the body in a short time. Before you panic, it’s very hard to get Hyponatremia even if you’re slugging down water throughout the day. This is condition is typically only seen in extreme cases, like marathon runners who drink gallons of water and don’t replace electrolytes. So drink on!

Source: Very Well Fit