SEPTEMBER Back to Basics

We're devoting this month to getting back to the basics. It's easy to get lost in our fast pace schedules, juggling multiple tasks, events, appointments, etc. We've compiled some tips and tricks to center our focus on the priorities and eliminate the distractions that may divert us from our goals and our day-to-day joy.

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

Offtime app
Since this month is all about going back to the basics, Offtime is an app designed to eliminate distractions, help us focus on singular tasks, and allow us to be more creative.

Studies show that every time you check email, a social feed, or respond to a notification, your mind requires 23 minutes of re-focus time to get back on task. Let’s spend less time mindlessly looking at our screens and more time engaged.

Cost: Free

office holidays
the official September list

4th: Eat an Apple Day
6th: Read a Book Day
13th: Positive Thinking Day
16th: Guacamole Day
22nd: Car Free Day
25th: One-Hit-Wonder Day

wellness in 2

Jot Down Core Values
Feeling stuck, overwhelmed, or uncertain? According to a recent Huffington Post Article, you may be tittering outside your basic core value system. Consistently compromising our values leaves us unfulfilled, anxious, and dissatisfied.

Take two minutes to jot down your core values. Really assess what matters most to you at this stage of your life. Keep this list somewhere you’ll see it frequently, having these in writing solidifies them in your mind and can help feel more grounded when things get overwhelming.

Source: List: Huffington Post
"I'm too old for..." Sound familiar? You're not alone.

Sure, some activities come with age restrictions; trying to get into a bar, for example, or driving a car. But many of us default to this excuse when it comes to opportunities, like a career change or a new type of exercise.

As clinical psychologist Brene Brown explains, we tend to tell ourselves stories about what we "can" and "cannot" do, instead of actually trying things. It seems easier to steamroll over our emotions and declare "we're too old for ______" than to actually give it a try, and possibly fail.

At age 50, Harold Stanley founded Morgan Stanley; at 51 years old, Gordon Bowker founded Starbucks; at age 55 Arianna Huffington started Huffington Post; and at age 61 Charles Flint Founded IBM.

Fear, not age, is the inhibitor. An article published in Psychology Today explains: "Some fears are instinctive... Other fears are learned: We learn to be afraid of certain people, places, or situations because of negative associations and past experiences."

What are you putting off? What are deciding you're "too old" for? As the classic Chinese proverb says: "The best time to plant a tree was 20 years ago. The second best time is now."

Source List: Psychology Today

---

**A SIMPLE FAVORITE**

**Healthy Sloppy Joes**

**Ingredients**

- 1.25 lbs of 93% lean ground beef
- 1 tbsp steak seasoning
- 1 carrot, 1 onion, 2 garlic cloves, 4 oz mushrooms
- 1/4 cup of red bell pepper
- 1 tbsp red wine vinegar, 1 tbsp worcestershire sauce
- 2 cups of tomato sauce, 2 tbsp tomato paste
- Whole-Wheat Buns

**Instructions:**

- Finely chop all veggies + heat a large skillet over medium heat
- Add meat to the pan, breaking up as it cooks
- Season + cook meat until it browns
- Add garlic, carrots + mushrooms
- Add tomato sauce and paste to combine
- Cover and reduce heat to simmer
- Let cool and pile desired meat onto toasted buns!

7 Servings | 121.8 Calories Per Serving
Prep Time: 10 Min | Cooking Time: 20 Min

Source: SkinnyTaste
INSTRUCTOR SPOTLIGHT

Olivia Neely

How do you get to the basics?

“Just about everyone can benefit by simplifying certain areas in their life. This could mean cleaning out that overloaded closet or even saying “no” to fluff events that we feel obligated to commit to, when in reality the world would continue to spin without us there. Diet is also a great place to simplify by bringing things back to basics. The world of nutritional science is a complicated one. Seems like one week’s nutrition news completely counteracts the next. If you tried to listen to all the buzz out there you’d likely be, if you’re not already, totally overwhelmed. Here are four ways we can control the noise by bringing things back to the basics:

1. Nutrition news may be contradictory, but one rule has always remained: we all need more vegetables. Fill half of that plate with non-starchy veggies and build from there!
2. Begin eating three meals a day to achieve balance and then adjust for your personal biochemistry if desired.
3. Don’t cut out any one macronutrient group completely long term. We all need carbs, fats and proteins for successful long-term nutrition.
4. Take at least 10 minutes to eat meals (yes, even lunch at work) and watch cravings start to dissipate.

To Control Your Life, Take Control What You Pay Attention To

Source: The Harvard Business Review

INTRODUCTION
Technology, a catch-22. On one hand, we’d be lost without it. The advancement in technology makes our lives easier by the day, allowing us to stay connected to people around the world, respond to anyone instantaneously, and keep up to date with our peers with just a thumb. But all of this freedom comes with a price. Being hyper connected and purchase obsessed often leaves us wildly distracted and dissatisfied...

THE RESEARCH
Maura Thomas, speaker and trainer on individual and corporate productivity, attention management, and work-life balance explains that better attention management leads to better productivity. She defines Attention Management as “the practice of controlling distractions.” According to a recent Economist Article, Americans are highly distracted, looking at their phones 40-80 times a day. Being mindful of our distractions puts us back in control of our activities rather allowing distractions to derail us from our priorities.

CONTROL YOUR TECHNOLOGY
Our devices are here to serve us. Turn off email past work hours, eliminate “push” notifications (which are designed to interrupt your workflow) and keep your phone on silent when you can. Out of sight, out of mind.

CONTROL YOUR ENVIRONMENT
To keep yourself on track, use headphones or even consider putting up a “do not disturb” sign at your desk. If you have an exceptionally distracting environment, try snagging a meeting room where you can allow yourself an hour or two to attend to your tasks.

CHOOSE WHAT YOU ATTEND TO
This is the real practice of attention management. Be mindful of when you’re distracted, and intentionally shift your focus back to the task at hand. It sounds simple, but it’s a practice that takes work and repetition.

These tools: controlling technology, controlling your environment, and choosing what you attend to, create options that support your priorities and goals. Let technology serve you, not the other way around.
3 SIMPLE WAYS TO EXERCISE

WALK YOUR DOG
Take a different route this weekend and extend your walk 20 minutes. You and the pup will benefit!

TAKE A BIKE RIDE
Grease up the old bike and choose this mode of transportation this month when you can.

PARK A LITTLE FURTHER
Driving somewhere? Opt for the farthest parking spot and watch the steps rack up.

HOW TO:
Save for Your Dream Vacation
Mapping out a basic budget can make all the difference between dreaming about your perfect vacation, and actually taking it. Try these simple steps to get you started...

STEP 1 - Make a general budget (look at flights, hotels, etc)
STEP 2 - Decide how much you can save each payday
STEP 3 - Pick a goal date based on your savings plan
STEP 4 - Put your vacation on the calendar
STEP 5 - Open a free checking account where you can put that payday savings away into a "vacation fund"

GET THEE TO A BEACH
Source: USA Today

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: "What is a good morning routine?" - Chelsea McDowell, Philadelphia, PA.

Hey Chelsea, thanks for the question! All morning routines look different and it may take a little bit to find the right one for you. Here are some basic tips to help you feel energized before you head into the office:

1) Set your alarm to give yourself plenty of extra time. How much time would make you feel relaxed vs. stressed when starting the day? 2) Meditate in a way that you enjoy - reading a leisure book for 10 minutes; sit and breathe; take a walk. 3) Eat an awesome meal. Make a healthy and hearty meal that you are excited to eat! You’ll start your day ready and with a clear mind.

Source: Taylor Person