No matter if you love or hate a good halloween horror film, this month is all about owning your fear. The thing is that owning your fear can be, well... scary. So, we've compiled some tricks and treats for how to overcome your scary stories. If you're feeling ghoulish, take few minutes to stop what you're doing and dive into this month's wellness update...
The TED app features stories from the spooky to the inspirational, and is tailored for use on the go.

If you're looking for some creepy content try "The Secret of the Bat Genome," by Emma Telling or "Strange Answer to the Psychopath Test," by Jon Ronson.

Cost: Free

office holidays
the official September list

1st: Homemade Cookies Day
4th: Taco Day
5th: Get Funky Day
12th: Savings Day
17th: Take Your Parents to Lunch Day
31st: Halloween Day

wellness in 2
do something scary.

The idea of comfort zone dates back to 1909. Psychologists Yates and Dodson coined the term when they discovered that "state of reparative comfort creates a steady level of performance." In order to achieve maximum performance, we need to act outside our comfort zone.

In the spirit of halloween, take 2-mins to identify one situation or experience that gives you knots in your stomach, and take one small step to conquer it. Beware: the gratifying experience you’ll have may have you wanting to conquer more than one fear!

Source: List: Life Hacker
The fearless effective leaders fallacy: those who march on to save the day. The people that were “born to lead” and “look fear in the face without blinking an eye.” Does this sound familiar? Any leader or idol we believe to have superhuman fearlessness, well… doesn’t. Fear is a natural and an inevitable emotion we all encounter, especially when uncertainty is lurking. To be a great leader does not boil down to being fearless. Instead, it’s a product of how we effectively cope with and move through moments (or months) of fear.

Michelle Poler, who founded a social movement called Hello Fears, empowers people to step outside their comfort zone. explains how being a successful leader isn’t about being fearless, but about having courage. She says, “being brave means despite the fear, we have the courage to take action—and that is way more powerful and inspiring than being fearless.” In fact, it turns out that the best leaders are actually more aware of their fear. Dr. Joey A. Collins, Assistant Professor of Industrial-Organizational Psychology at Seattle Pacific University, explains that “effective leaders demonstrate a high degree of self-awareness and are mindful of their feelings. It is not that they don’t fear — they do. They are just more aware of their fear and better able to process the threat that is signaling it.” When it comes to success and fear, success is more about what you do when you’re confronted by it, not how effectively you eliminate it.

Source List: Forbes

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**A SEASONAL FAVORITE**

**Creamy Pumpkin Soup**

**Ingredients**
- ¼ tsp ground black pepper
- ½ chopped leeks, 2 garlic cloves - minced
- 1 cup plain soy milk, ½ cup of water
- 1 tsp sugar
- 3 tbs pumpkin seeds or pine nuts, toasted (optional)
- 3 cups peeled and cubed pumpkin

**Instructions:**
- Heat a saucepan over medium-high heat. Add leeks and garlic, cook and stir until browned
- Stir in cubed pumpkin, broth, pepper and cloves. Bring to boiling, reduce heat. Cover and simmer for 30-45 mins or until pumpkin is tender. Remove from heat
- Transfer half of the mixture into blender, cover and blend until smooth. Repeat with remaining half. Return mixture to saucepan
- Stir soy milk and enough water to reach desired consistency and heat. Stir in sugar. Add pine nuts/pumpkin seeds as garnish

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

Source: Eating Well
You're more resilient than you think

Do that one thing

Source: The Harvard Business Review

Introduction

New situations, especially ones outside of our wheelhouse, present a wide range of emotions. Fear is one of them. This is partially due to the fact that we when new situations present themselves, we tend to forget the lessons we’ve learned in the past and the resources we’ve accumulated to help us deal with the new situation. Tapping into our resource bank and drawing upon our past experiences can help us embrace new situations with confidence, instead of paralyzing ourselves with fear of the unknown.

The Research

Andy Molinksy, a professor of Organizational Behavior at the Brandeis International Business studies this phenomenon. Molinksy explains that people are far more resilient and capable than they imagine. It’s the built up fear, not our abilities, that hinder the actual situation at hand. He asserts that we systematically underestimate our resilience in four ways:

We're Braver Than We Think

Consider an experience you’ve already had that took some guts, like living alone for the first time or switching jobs. We all have at least one experience that highlights our bravery. When the next situation outside our comfort zone presents itself, tap into that experience and realize that you are already brave and capable.

The Situation Probably Isn’t as Bad as We Think

Fear and anxiety can sometimes be productive forces. Other times, they are crippling. Many of us tend to look at a “scary” situation and immediately extrapolate the worst possible outcome. But if we can approach the situation with a bit of grounded compassion, we give ourselves the power to forgive and accept. This check-in with reality can show us that most situations are far less terrifying than we first imagine.

We Have More Resources Than We Think

When confronted with fear and stress, we often default to feeling alone. We forget to turn to our colleagues, peers, mentors or friends, many of whom have walked a similar path, or know someone who has. When we share what we’re going through with others, we can be pleasantly surprised by the common ground and helpful advice they have for us in situations we imagined were unique to ourselves.

The bottom line: When things get scary, own your experience and bravery, get grounded, and reach out. We can leverage the capabilities and resources that we already possess to thrive in unfamiliar situations, confidently.

Coach Spotlight

Drexyl Eitniear

Massage Therapist

As you read this, I invite you to take a moment to get present to how you feel in your body. What if I told you that Massage Therapy is not just about receiving soft tissue manipulation from a massage therapist, but about creating an enhanced awareness and resulting freedom in your own body. While a quality massage from a talented therapist is extremely helpful, honing your body awareness can give you the same feeling of a great massage.

How? General movement plays a key role in a pain free life. Our bodies tend to memorize the postural patterns that we put ourselves in the most. While a massage therapist can help to manually change these patterns, you can do the same by bringing movement and awareness to your posture.

Take a moment to move into a feeling of “balanced” posture. Pay attention to the movements you take. How does it feel to bring awareness into your body? This is a practice that you can do anywhere to reset your body, and retrain your muscles for lasting change.
3 REASONS WHY FEAR IS IMPORTANT

FEAR EVOKES COURAGE
Courage and fear go hand in hand. "Fear doesn’t negate courage. It beckons in." - Dr. F Emelia Sam

FEAR KEEPS US SAFE
Fear’s evolutionary purpose is to keep us safe. It kicks in to protect us when we’re threatened or in danger, so cheers to that.

FEAR IS USEFUL
Once we understand our fear, it can become instructive. Fear to points our areas we need to investigate more closely, and can be a helpful guide.

HOW TO:
Make Your Own Halloween Candle

SUPPLIES:
Candles, Wax Paper, Tissue Paper, Colored Pencils and Pens, Blow Dryer, and Glue Stick

INSTRUCTIONS:
• Select your image and draw, stamp or trace it onto a piece of tissue paper
• Color in your image with pencils + cut image as close to the edge as possible
• Glue the tissue paper image to the candle
• Wrap a piece of wax paper around the candle and over the tissue paper image
• Heat the wax paper with the blow dryer until the image melted into the candle
• Peel off the wax paper and you will have your own spooky candle!

THIS MONTH’S 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 vegetables are in season for the fall and why is eating seasonally important?"
Caroline M, Philadelphia, PA
Thanks for the great question Caroline! This fall in Philadelphia, go for Apples. Brussels Sprouts. Eggplant. Winter Squash and Pears. Why shop Seasonal? Seasonal food is fresher, less expensive, and better for the planet than out of season foods. Studies have also shown that fruits and vegetables contain more nutrients when allowed to ripen natural on their parent plant, which is only possible for in-season produce that doesn’t have to travel. To find all vegetables and fruits that are in season you can visit SeasonalFoodGuide.org. Happy Eating!

Source: Seasonal Foods