



WORK WELL UPDATE

A PEEK INSIDE:

MIND

An app where you can give + get book recommendations

BODY

The benefits of giving gratitude year round

FOOD

Thank goodness for cheesy side dishes

RESEARCH

Being thankful is good for you. It's science!

MYTHS DEBUNKED

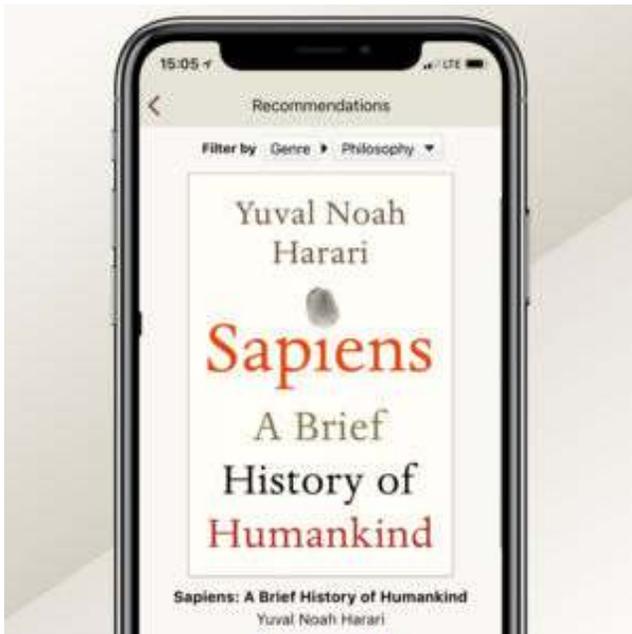
Does quantity matter, after all?

November: Give a Little, Get a Lot

You know what they say, what goes around comes around! That's why November's the perfect month to spread positivity. This month, we've compiled a few ways to give a little extra gratitude for what you've got going on. Now, watch the rest of your life flourish!

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

Goodreads app

When it comes to the art of giving, you don't have to spend a dime. A thoughtful book recommendation goes a long way! On Goodreads, you can give recommendations of books and genres that you've enjoyed (or not enjoyed), and Good Reads will make insightful recommendations just for you.

Aside from being an excellent way to unwind, a Northcentral University study shows that reading improves everything from your memory to your overall focus and concentration. So, share the wealth! Your brain and your friends' brains, will thank you.

Cost: Free + In App Purchases

office holidays

the official November list

1st: World Vegan Day

4th: Candy Day

13th: World Kindness Day

17th: International Selfie Day

22nd: Thanksgiving



wellness in 2

Express Gratitude

In case you need any more convincing, expressing gratitude is a great motivator. According to Forbes, expressing gratitude can improve your chances of forming ongoing connections, help you feel healthier, and research shows that over time, gratitude can lead to an increase in happiness and a decrease in depression.

Take two minutes and think of something you're grateful for, big or small. Once you've identified it, find a way to express it openly. Whether you write it down or reach out to someone, you'll be surprised how good it feels to give thanks!

Forbes

THIS MONTH'S
**health
myth
debunked**

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MYTH:
Giving More is Better

During a time when we're supposed to be enjoying each other's company, holiday shopping can be a source of stress for many people. Whether it's spending a ton of money or feeling pressure to out-buy your family members, it's not a great feeling. But instead of throwing the towel in on gift giving all together, consider there's another way to go about gift giving that benefits everyone.

Turns out, giving gifts is a tried and true way to show people that we get them, and we do this by giving fewer, but more intentional gifts instead of large quantities of meaningless ones. Studies suggest that giving the gift of experience, for example, can have a much larger and more positive impact. Think of it this way, that gadget you bought your dad might break eventually, but the memories from the sporting event or concert you took him to will last a lifetime!

Source: Psychology Today



GRATE-FUL FOR ALL THINGS CHEESY
Parmesan-Roasted Squash

Ingredients

- 2 pounds summer squash and green zucchini
- 1/4 cup plus 2 tablespoons extra-virgin olive oil
- 1 tablespoon coarse salt
- Freshly ground black pepper
- 1 1/2 cups finely grated Parmesan cheese
- Nonstick cooking spray
- Zest of 1 lemon
- Salt and crushed red pepper

Instructions:

- Preheat oven to 425 degrees
- Cut zucchini and squash in 45-degree angle slices
- Toss in large bowl with olive oil, salt, parmesan and pepper
- Spread evenly on a baking sheet with a rack
- Roast 12 minutes until tender, rotating half way
- Remove from oven, cool, and drizzle with olive oil. Season to taste!

4 Servings | 154 Calories Per Serving
Prep Time: 20 Min | Cooking Time: 15 Min

Source: Martha Stewart





TEAM SPOTLIGHT

Eugenie George

Financial Health Coach

“Eliminate Office FoMo in 3 Easy Steps

It can be hard not to compare ourselves when it comes to our work. For some of us, we're bombarded at meetings with competing figures and company quotas. For some, we compare ourselves to how much a coworker is making. And sometimes, it's simply the feeling of seeing an old colleague land an awesome new job on LinkedIn.

Our human desire to be both connected and "the best" can lead to that gnawing feeling of "FOMO" (Fear of Missing Out). Here are some strategies to help you get out of your funk and stop comparing yourself to others in work, money, and life:

1. Write your co-worker a congratulations email. No matter how simple, it creates a feeling of joy and camaraderie on both sides.
2. Write out all your work accomplishments. Congratulate yourself for everything you are doing.
3. Write down your money goals. It's about what you need, not what your neighbor has. Make a plan for yourself and discuss your goals with your boss!

HOW BASIC MANNERS GO BEYOND THE TABLE

Source: CNBC

INTRODUCTION

We know Thanksgiving is this month, and while there's no better time to start giving thanks, we believe gratitude is a healthy habit worth practicing year round. We're not the only ones who think that. From Oprah to Zuckerberg, many of the world's most talented and successful entrepreneurs agree.

THE RESEARCH

Research shows that gratitude can even improve workplace relationships. Researchers at the University of Pennsylvania conducted a study that showed the positive effects of being thanked by senior leadership, which

included increases in motivation and productivity.

SAY IT OUT LOUD

A little praise goes a long way. This week, tell someone you're grateful for them, and why!

WRITE IT DOWN

Mark Zuckerberg challenged himself to write one good ol' fashioned thank you note a day. Start with writing one this week, and go from there!

TALLY THEM UP

If you're looking for a simple way to integrate gratitude into your daily routine, carve out 5 minutes in your day to write down everything that brings you joy.



3 FALL ACTIVITIES TO BOOST YOUR ENERGY

GET SOME FRESH, CRISP AIR

Crisp fall air is the perfect energy booster. Next time you're outside, close your eyes, and take a deep breath.

RAKE LEAVES... FOR YOUR NEIGHBOR

Get your body moving AND do something nice for someone else. Double whammy.

TAKE A FALL HIKE

Increase your altitude and improve your attitude with a change in perspective. Get outside for a hike or walk through the leaves.



HOW TO:

Overcome the Turkey Hangover

- STEP 1** - Eat a well balanced breakfast! This helps warm your metabolism up for the day ahead.
- STEP 2** - There are endless reasons to drink water, but staying hydrated can help ward off some of that sleepiness.
- STEP 3** - Watch your portions and only put food on your plate that you plan on eating.
- STEP 4** - Get moving! Take a walk, or if you're really daring, jump in on your family flag football game.

Gobble Gobble

Source: Orgain



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: "Are there any tips and tricks for thanksgiving feasting for vegans?"

- Carley Barton, New Hampshire

Thanks for the great question, Carley! We know dietary restrictions can make the holidays a little tricky, especially if you're not the one hosting. That said, we have some ideas of how to make it go a little more smoothly:

Communicate in advance. Make sure you're able to communicate your dietary restrictions in advance, that way it's no surprise why you're not elbow deep in Thanksgiving fixings. Prepare a vegan-friendly dish. Be proactive and bring a dish or two you really love. It's also a great conversation piece! Be open minded. Keep in mind that not everyone at the table may share your preferences, and that's okay!

