



WORK WELL UPDATE

A PEEK INSIDE:

MIND

An app that will hold you accountable

BODY

A helpful tip to keep your resolutions on track

FOOD

Warm up with a classic comfort food recipe

RESEARCH

Learn to be more strategic about giving back

MYTHS DEBUNKED

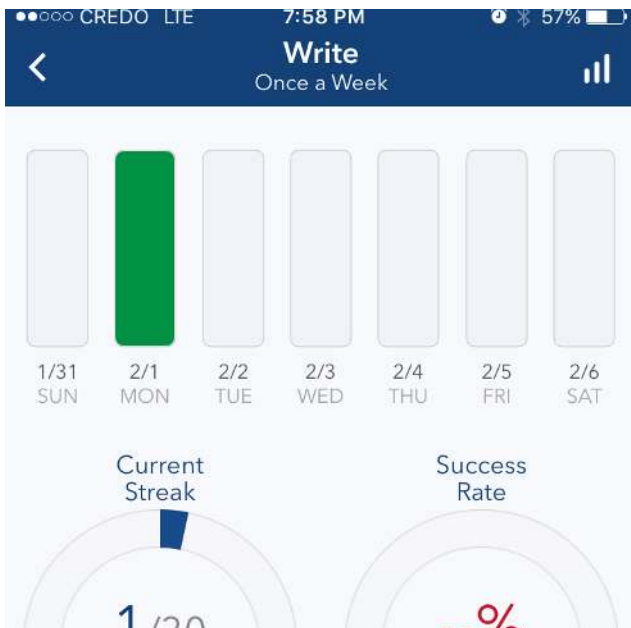
Do New Year's resolutions REALLY work?

January: New Year's Evolutions

Holiday buzz is winding down and we finally have more time and energy to dedicate to ourselves. However, the idea of a fresh start and a clean slate can often feel overwhelming, which is why even the best resolutions can be tricky to follow through with. This month, we're dedicated to helping you find small tweaks you can make to elevate your health and happiness.

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

Strides app

They say it takes 21 days to form a new habit, but we all know sometimes it requires a little more practice and dedication. Strides is a goal tracking app that helps hold you and your New Year's Resolutions accountable.

Strides is easy to use, with a dashboard that keeps all your goals in one place. The app has 4 unique tracker types, so you can customize it to fit your needs, stay motivated, and track your progress on things that matter to you.

Cost: Free + In App Purchases

office holidays

the official January list

- 1st: Polar Bear Plunge Day
- 13th: Vision Board Day
- 21st: World Snow Day
- 24th: Compliment Day
- 26th: Fun at Work Day



wellness in 2

create triggers

Forming new habits can be tough. The good news is, if you already have daily rituals, you can use them as triggers for your larger goals. Research shows that one of the best ways to form new habits is to implement what's called a trigger action.

When it comes to New Year's resolutions, setting trigger habits can help keep you on the right track. For example, put your running sneakers in front of the door every night, so you'll see them and run in the morning. Think of it as the buddy system for your habits, and you'll be on your way to making your resolution a part of your routine.

VOX



THIS MONTH'S
**health
myth
debunked**

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MYTH:
**You SHOULD have a New
Year's Resolution**

Sometimes we choose resolutions based on what we think we should be changing. Whether it's worrying about what our friends and families are doing, or giving too much attention to the latest trends, the focus shifts away from what we truly want for ourselves. Interestingly, many psychologists say that to successfully change, you have to really want to change, and believe you are capable of that change on a fundamental level.

And it doesn't just come down to what we want, but also, how we go about it. Turns out, positive thinking may just be the answer. Researchers at Harvard Medical School stated that long-lasting change is most likely to occur when it's self-motivated and rooted in positive thinking.

So, what really matters to you? Get specific! Take some time to think about what parts of your life you'd really like to change for the better, and create actionable steps (remember, trigger actions!) to help set your resolutions up for success. Remember to stay positive, and celebrate your wins.

Source: Business Insider



**WHEN IT'S CHILLY OUTSIDE,
*Make Chili Inside***

Ingredients:

- 1 cup chopped onions
- 3/4 cup chopped carrots,
- 3/4 cup chopped celery
- 3 cloves garlic, minced
- 2 cups chopped bell pepper
- 1 tablespoon chili powder
- 1 1/2 cup chopped fresh mushrooms
- 1 (28 ounce) can - whole peeled tomatoes with liquid, chopped
- 1 (19 ounce) can kidney beans with liquid
- 1 (11 ounce) can whole kernel corn, undrained
- 1 Tbsp ground cumin, 3 tsp of dried herbs

Instructions:

- Heat 1 Tbsp oil in a saucepan over medium heat.
- Sauté onions, carrots, garlic, peppers, celery, and chili powder.
- Stir in mushrooms, tomatoes, beans, corn and seasoning
- Bring to a boil, and reduce heat to medium.
- Cover, and let simmer for 20 minutes.

8 Servings | 155 Calories Per Serving
Prep Time: 25 Min | Cooking Time: 30 Min

Source: Allrecipes





TEAM SPOTLIGHT

Dr. Caitlin Redding
Chiropractor, Ergonomics Coach



CREATE BETTER POSTURE WITH OLD HABITS

The best way to create better postural habits this year? Use the habits you've already got!

Take your balance for instance, when is the last time you set aside time in your busy schedule to improve your balance? I'd be lying if I said I did. But you will often find me standing on one leg while brushing my teeth.

We can piggy back off existing habits to form new ones. I often encourage clients to incorporate healthy habits into their routine, rather than carve our new time that most of us simply don't have.

Other Habits to Hijack:

While driving in the car use this time to perform repeated chin tucks to work on your upper back and neck posture.

- When you are waiting for the microwave to finish up that snack try squatting down and working on your deep end range.
- When you are watching TV grab a ball or foam roller and get to work on those nagging trigger points.
- Before bed when your mind is racing around and thinking about all the things you forgot or need to do, change your focus and perform a few deep belly breaths.

how to make a personal plan for giving

Source: *Time*

INTRODUCTION

It's safe to say we'd all like to be more charitable, and maybe this year giving back is your New Year's Resolution. Researchers from the University of Zurich in Switzerland found that helping others reduces stress and can be effective at lowering blood pressure. That said, sometimes giving still gets overwhelming. We get so wrapped up in what to give, and who to give to, and we give up entirely.

Even though Time Magazine believes that giving is the secret to happiness, it always helps to have a giving plan in place so we don't find ourselves getting stressed out.

Here are a few ways to be more intentional about giving back this month.

ESTABLISH YOUR WHY

Just like it helps to fundamentally care about and believe in your resolutions, the same goes for giving. You'll feel more inspired to give to causes that resonate with you if you take some time to identify what you truly care about.

HAVE A PREPARED RESPONSE

It's okay to pass politely when you know you can't donate. Have a kind response ready like, "I wish I could help this time, but I've decided to give to another cause."

AND REMEMBER, NOBODY IS JUDGING YOU

At the end of the day, nobody is judging how you choose to give. Just make sure you're giving back in a way that aligns with your personal values.



3 WAYS TO UPGRADE YOUR SPACE

FIRST THINGS FIRST: DECLUTTER

Donate clothes you don't wear anymore, toss out old receipts, and empty your night stand drawer.

MAKE ONE EXCITING CHANGE

Whether it's upgrading your bedding, or investing in a new piece of furniture, you don't have to change everything at once!

ADD A PERSONAL TOUCH

Frame a sentimental photo or a piece of art from a trip you took, to remind you of happy times.



HOW TO:

soothe a stuffy chest or nose*

- STEP 1** - Fill a large bowl with hot water (hot enough to make some steam!)
- STEP 2** - Once it's full, place it on a sturdy surface and lean over the bowl. Be careful not to spill.
- STEP 3** - Place a towel over your head to trap steam around your face, and gently breathe the steamy air.
- STEP 4** - Sit and steam for as long as it feels comfortable. You'll likely feel your congestion start to loosen up!

get steamy



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 motivate myself to go to the gym when it's cold outside?" - Sarah R. Philadelphia, PA

Thanks for the great question, Sarah! Getting bundled up and heading outside for anything in the winter can feel like a process. First up, make sure you're suited up properly. Invest in some cold-weather workout gear that's engineered to keep you toasty. Second, remind yourself why you're exercising in the first place. The superficial "I should" or "I want to look good" aren't going to get you through the coldest months. Think about how you feel post-workout. Working out makes us feel energized, confident, and happy -- the perfect antidote to the winter blues.

*Disclaimer: Use caution when handling hot water! Spilling hot water on your body may cause burns... ouch! Also, this method is not intended to treat or cure any medical conditions. If you're feeling sick, consult your physician.

