



WORK WELL UPDATE

A Peek Inside

MIND

Get your mind right with this 5 minute meditation app

BODY

Stay in touch with your emotions this month

FOOD

A Valentine's Day dish we know you'll adore

RESEARCH

What organizations can learn from love

MYTHS DEBUNKED

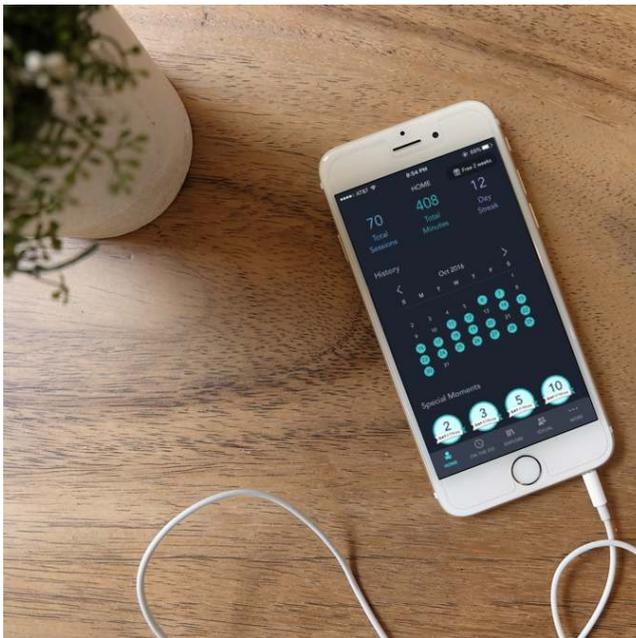
Good relationships don't require work

February: *Change of Heart*

Hearts. We're asked to listen to them, follow them, and eat Cheerios to keep them happy. It almost goes without saying that they're one of our most important organs. They do so much for us, but what do we do for them? This month, whether you're pouring yours out or wearing it on your sleeve, we're diving into a myriad of different ways to keep our hearts happy and healthy!

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

Simple Habit app

Meditation is one of the simplest ways to tune into what your proverbial heart is asking for. Simple Habit is a 5-minute meditation app designed to help busy people stress less, achieve more, and live better.

If you haven't noticed yet, we're big fans of small habits. With Simple Habit, you can fit meditation into your busy schedule. All it takes is five minutes (let's be honest, we ALL have 5 minutes) to do a quick mental body scan to check in with your head, and heart, and see how they're feeling.

Cost: Free + In App Purchases

office holidays

THE OFFICIAL FEBRUARY LIST

- 7th: Send a Card to a Friend Day
- 11th: Clean Out Your Computer Day
- 14th: National Organ Donor Day
- 17th: Random Act of Kindness Day



wellness in 2

Practice Empathy

Being in touch with how those around us are feeling is a skill that takes practice, but it's well worth it. In fact, research suggests that our Emotional Quotient (EQ) may be more important to our overall success than our intelligence quotient (IQ).

Take two minutes this month to practice empathy in an unconventional way: People Watching. While you're waiting for the bus or eating lunch, observe those around you objectively. Try to imagine what it might feel like to walk in their shoes, literally.

Psychology Today



THIS MONTH'S health myth debunked

.....

Myth:
Good Relations Don't
Require Work

FACT: It's hard to assign facts to things as complex as relationships, especially when all humans and all relationships are fundamentally different. But, when it comes to relationships, one thing research tends to agree on is that forming healthy relationships takes some work.

It helps to think of relationships like any skill worth mastering, where the early stages are always the most challenging. Letting go of control, practicing vulnerability, and being honest in the face of fear are some of the most impactful, and most difficult, skills to cultivate when we're in a relationship.

The good news is practicing these skills regularly also means you'll get better at them together over time, and when you invest in trust and perseverance, you're more likely to end up being and partnering with the type of person who who is willing to work toward a long-lasting and meaningful relationship.

Source: Psychology Today



HEART HEALTHY DISH FOR TWO organic pecan salmon

INGREDIENTS:

- 1/2 cup chopped pecans, toasted
- 1/2 cup orange marmalade
- 1/4 cup reduced-sodium soy sauce
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 salmon fillets

INSTRUCTIONS:

- In a small bowl, combine first five ingredients.
- Pour 1/2 cup of marmalade into a large resealable bag and add salmon
- Refrigerate for 30 minutes
- Place salmon in greased baking dish and bake at 350° for 20 minutes
- In small saucepan, bring rest of marmalade to boil
- Serve over the salmon

2 Servings | 582 Calories Per Serving
Prep Time: 10 Min | Cooking Time: 20 Min

Source: Taste of Home





TEAM SPOTLIGHT
Anna Greenwald
 CEO & Founder

“ **What To Do When You Don't Know What To Do**

Whether it's deciding what to have for dinner to contemplating a major life change, we all experience moments where we just can't seem to make up our mind. It's surprisingly easy for internal conflict to get out of control... quickly. "I want Thai food!" "No, burritos!" "I should really just make something with what I have."

We often take the same approach to internal conflict as we do to external conflict. Maybe we get aggressive, or critical. Maybe we watch True Detective on HBO for the third time because we just want to stop thinking for a few hours. The next time you're feeling indecisive, try this internal conflict resolution technique:

- 1) Get your zen on. Our minds function best when we're physically calm. Take 6-10 deep breaths to deactivate your stress response.
- 2) Write it down. Listen to each side, and let yourself really hear what your competing interests have to say. Often, even the most illogical thoughts are coming from a deep desire to feel safe and protected.
- 3) Identify common desires. What do all your competing interests have in common? Once you've identified common ground, you can start to find a solution.
- 4) Collaborate. Consider if there is a solution that fulfills the common desires of all of your interests.

can you really power any organization with love?

Source: HBR

There's plenty of research out there on the powerful benefits of love, but how does this apply to the workplace, if at all?? From Whole Foods to Southwest Airlines, corporations and organizations have started adapting a "lead with love" mentality, and... it's working.

THE RESEARCH

A study conducted by The Harvard Business Review outlines that when surveyed, employees who felt they worked in a loving and caring culture reported higher levels of satisfaction and teamwork, came into work more often, and had an overall higher quality of life. This research showed that creating a culture of love directly impacts job satisfaction, and has a tangible outcome on overall performance.

So where can companies start?

IT'S NOT WHAT YOU CALL IT, IT'S HOW YOU SHOW IT

Love can be a complicated term, but you don't have to get caught up in semantics.

Focus on cultivating a culture of compassion, kindness, and mutual respect in your organization.

THINK OF LOVE LIKE AN OPERATING SYSTEM (LOVEOS)

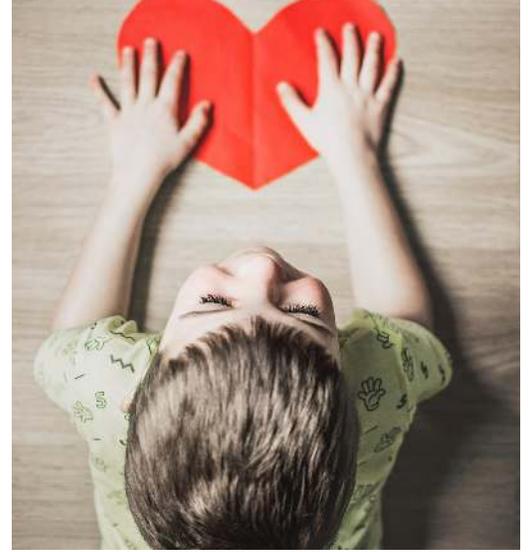
When Operating Systems are up to date, our apps and devices work more congruously. We can think of love in an organization in a similar way. Sure, without a culture that fosters love, the other elements of the business (strategy, creative, finance, accounts, etc) will still function, but when love is utilized as a driving force, it enhances and optimizes performance.

LEADING WITH LOVE ISN'T ALWAYS EASY

Research in the Harvard Business Review also shows that love-oriented organizations still go through difficult times, but they do so together. From struggling to meet payroll to dealing with layoffs, successful, love-driven organizations find a way to maneuver through these difficult conversations as a team.



3 Ways to Boost Heart Health



TAKE A BREATH

It really is that simple. If you find yourself stressed out. Pause, close your eyes, and take a few deep, slow breaths. Deep breathing lowers blood pressure, and reduces stress.

MOVE YOUR BODY

Cardio activity helps get oxygen to all the parts of your body that need it most, so make sure your exercise routine incorporates cardio training. Starting small? Take a walk during your lunch break 2-3 times a week.

STAY HYDRATED

Your heart pumps 2,000 gallons of blood a day! Help your heart do its hard work by keeping it hydrated.

DIY: VALENTINE'S DAY GIFT

Pull Some Heartstrings

- STEP 1 -** Draw a heart made of dots on a piece of paper.
- STEP 2 -** Lay that paper on a block of wood and secure it with tape.
- STEP 3 -** Lightly tap a nail into each one of the dots to outline the heart.
- STEP 4 -** Tie one very long piece of red string to the end of one nail.
- STEP 5 -** Wrap the red string randomly through each nail and watch as the heart fills in with color!
- STEP 6 -** Remove the paper, and give your heart to someone who deserves it (or yourself!)



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

"What's something fun to do if you're solo on Valentine's Day?"

- *James Kingsly, Cherry Hill, NJ.*

Thanks for the great question, James! The good news: Valentine's Day is what you make of it. When it comes down to it, it's really a reminder to cultivate every kind of love in your life. And remember: the grass is green where you water it! Use this day to foster some self-love: Book a massage, take a class and learn something new; or share some love by going to dinner with a family member or friend. Plus, buying one less cheesy Valentine's Day Card is good for the planet!

