OCTOBER: TREAT YO’SELF

Leaves they are a changin’. With fall in full swing, many of us find ourselves right back into the hustle of work and life. When times get busy, and especially as the seasons change, it is important to slow down and take care of you. This month we are focusing on how to treat yo’self through simple practices of self-care.

A PEEK INSIDE:

MIND
Keep your energy up all day long - no caffeine required.

BODY
Use the zombie apocalypse as motivation to run.

FOOD
A quick and easy way to make your Halloween candy healthier.

RESEARCH
How your reaction to change can change your life.

MYTHS DEBUNKED
Why replacing sugar can make you eat more.

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

Special Thanks To
Tompkins Insurance Agencies, an On the Goga Wellness Partner
healthy tech

‘ZOMBIES, RUN!’ APP

Zombies, Run! is an ultra-immersive running game and audio adventure. It turns your run into a “mission” in which you are the hero of your own zombie story. During your run you will collect supplies and save lives.

Cost: Free

office holidays

THE OFFICIAL OCTOBER LIST:

1st: International Coffee Day
6th: World Smile Day
9th: Columbus Day
16th: Boss’ Day
27th: American Beer Day
31st: Halloween

wellness in 2

This month’s 2-min wellness tip: Gift Yourself.

Some days, we just need a pick me up. Practice self care by gifting yourself one of these mini-gifts for under $10:

• Buy yourself flowers (or have them delivered to you by one of our favorite companies, Urban Stems - they don't even pay us to say that).
• Grab a quick cup of coffee from your favorite coffee shop.
• Pick up a new book from your local bookstore.
MYTH: ARTIFICIAL SWEETENERS ARE BETTER OPTIONS THAN SUGAR

FACT: Many of us believe (and have even been told) that artificial sweeteners are a healthier choice compared to real sugar. However, many studies point to evidence that these artificial sweeteners can actually cause more harm than good. One study from the Journal of Behavioral Neuroscience showed that rats that ate artificial sweeteners for 14 consecutive days actually ate more food and gained more weight than those rats that ate real sugar.

One contributing factor to this counter-intuitive phenomenon is that artificial sweeteners are actually up to 20,000 times sweeter than real sugar. This sweetness causes more cravings by impairing your body’s ability to know how much sugar you are having and tricking your brain into consuming more calories.

Real sugar (in moderation) is can actually be a healthier option than artificial sweeteners. So when those sweet cravings kick in, opt for small amounts of real sugar or foods that provide natural sweetness such as fresh fruit or dark chocolate (70% cacao or higher).

TREAT YO’SELF
Chocolate Chip Peanut Butter Bites

Looking for a healthy alternative to all the Halloween candy? These quick and easy no-bake bites are even sweeter than they seem.

• 2/3 Cup organic creamy peanut butter
• 1/2 Cup semi-sweet or dark chocolate chips
• 1 Cup old-fashioned oats
• 1/2 Cup ground flax seeds
• 2 Tablespoons raw honey

Instructions:
• Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.
• Roll into 12 bites and store in the fridge for up to a week.

1 Serving | 185 Calories Per Serving
Prep Time: 20 Min | Fridge Time: 15 Min

Source: Chef Savvy
EMOTIONAL FIRST AID
HOW TO HEAL AND GROW FROM COMMON HEARTACHES

CLICK HERE TO WATCH THE TED TALK

The following is based on a TED Talk by psychologist Dr. Guy Winch called “Why We All Need to Practice Emotional First Aid.”

We’re taught from a young age that if we get a cut, we need to keep it clean. If we want to keep our teeth, we have to brush them twice a day. We know that habits of physical hygiene are important for our health - but habits of emotional hygiene are equally as crucial.

As humans, we suffer both emotional and physical injuries. Unlike physical injuries, we are often taught to suppress or “power through” emotional injuries. But emotional pain from experiences of failure, rejection or loneliness doesn’t always heal on its own.

It’s important to practice “emotional hygiene,” actionable, scientifically-supported tools for treating emotional wounds, healing them, and strengthening our emotional resilience.

PAY ATTENTION TO EMOTIONAL PAIN
How do you react when you feel the sting of rejection, the ache of loneliness, or the pain of failure? We have all developed unique responses to painful emotions as a means of self-defense. Become aware of how you act when you are in emotional pain. From here, you can begin to take steps to heal.

STOP EMOTIONAL BLEEDING
Our thoughts can be our most supportive friend in one minute, and our greatest critic the next. When we experience emotional pain, our thoughts can turn negative fast. It’s important not just to pay attention to what that pain feels like, but to actively stop the process of negative rumination.

PROTECT YOUR SELF-ESTEEM
When you notice yourself ruminating (re-playing) negative thoughts in your head, take a 2-minute distraction-break to stop the cycle. This short distraction is all it takes to keep your brain from going down the rabbit hole of reinforcing negative emotions.

BATTLE NEGATIVE THOUGHTS
The urge to over-think can be powerful. Sometimes it can seem like the only option. No matter how strong the urgent gets, you have the ability to practice shifting your focus. This practice over time builds the habit of emotional hygiene.

Practicing these habits of emotional hygiene can change your perspective and quality of life in as little as a few days: pay attention, stop emotional bleeding, protect your self-esteem, and battle negative thoughts.

Dr. Winch explains: “When you’re in emotional pain, treat yourself with the same emotional compassion you would expect from a good friend.”

ON HANDLING STRESS WITHOUT FOOD:

“When we’re really stressed, many of us turn towards food as a method of distraction and relief. But ‘comfort foods’ are notoriously high in sugar and processed carbohydrate, meaning they not only fail to solve the problem at hand - but they don’t actually make us feel good long-term.

Below are some non-food-related ways to de-stress and move through your day. They may even help you work through the what was stressing you out in the first place:

Take a breathing break. 2-3 minutes of deep breathing helps the body to relax. Return to work calmer and more focused by taking a walk outside, closing your office door, or simply finding a place in the office away from your desk. Inhale through your nose for a count of 4 and exhale through your nose for a count of 4. Continue this for 2 minutes and notice how your feel.

Get organized. One of the best ways to handle stress is to de-clutter physically and mentally. Physically clean your workspace, then write down any looming tasks, deadlines, etc. Getting these thoughts down on paper can help us to organize, prioritize and alleviate unnecessary stress.

Exercise. Exercise is one of the best ways to relieve stress and angst. It causes our brain to produce serotonin and dopamine, neurotransmitters that act as natural mood-boosters.

INSTRUCTOR SPOTLIGHT
MELISSA GREEN
OTG Nutritionist and Yoga Teacher

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WHAT’S IN SEASON?

FRUITS:
Apples, blackberries, cranberries, dates, figs, grapes, oranges, pears, star fruit, and pumpkin.

VEGGIES:
Beets, broccoli, brussel sprouts, cabbage, cauliflower, leaks, lettuce, parsnips, peppers, sweet potatoes, and turnips.

HOW-TO:
balance out your Halloween candy with exercise

EAT ALL OF THE REESE’S.

Try these quick mini-workouts to balance out your favorite Halloween candy:

REESE’S - 2 mini Reese’s = 150 jump squats
M&M’s - 1 mini bag of M&M’s = 10 minutes of Yoga
SKITTLES - 1 mini bag of Skittles = 10 minutes of cycling at an easy pace
BUTTERFINGERS - 2 mini Butterfingers = 20 minutes of lifting weights
STARBURST - 2 Starbursts = 10 flights of stairs
TWIX - 1 mini Twix = 10 minutes of jumping rope

QUESTION: “Are there any specific foods (besides coffee) that boost energy?” - Michael G., Philadelphia

Hi Michael, thank you for the question! Although coffee gives a temporary boost, there are some healthy and delicious foods that can support and stabilize your energy levels all day long. The key is to incorporate protein, healthy fat, and high-quality carbohydrates into your meals and snacks to help keep you energized and focused throughout your workday.

Eat This! The following foods are great options to add into your diet for all-day energy:

Hard Boiled Eggs, Greek Yogurt, Apple and Organic Peanut/Almond Butter, Edamame, Popcorn, and Raw Nuts