



WORK WELL UPDATE

A Peek Inside

MIND

An app to help curb smartphone addiction

BODY

Declutter your digital life and feel lighter

FOOD

A well-balanced dinner bowl

RESEARCH

Why work-life balance may not be the goal

MYTHS DEBUNKED

Your afternoon coffee is causing your insomnia

March: *Equilibrium*

If you've ever tried to balance on one foot, you'll agree: balance is a simple concept, but it's far from easy... We know balance is important for a healthy lifestyle, but sometimes we put so much pressure on making sure things are "perfectly" balanced that it prevents us from actually enjoying our lives. This month, we're exploring how to incorporate more balance into our daily life, without letting our life be ruled by it.

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

Breakfree app

Breakfree is a revolutionary app that shows you exactly how much screen time you're getting, to help you achieve a healthy balance of digital and analog life.

Our phones help us do so much throughout the day, from ordering food to getting around. But when we rely too heavily on them, it can become hard to turn off our digital life. Breakfree's advanced algorithm studies your phone usage patterns and calculates a score in real time, helping you learn and adjust your phone habits to create greater harmony with your digital lifestyle.

Cost: Free + In App Purchases

office holidays

THE OFFICIAL MARCH LIST

1st: Employee Appreciation Day

12th: Plant a Flower Day

22nd: National Goof Off Day

26th: Make Up Your Own Holiday Day

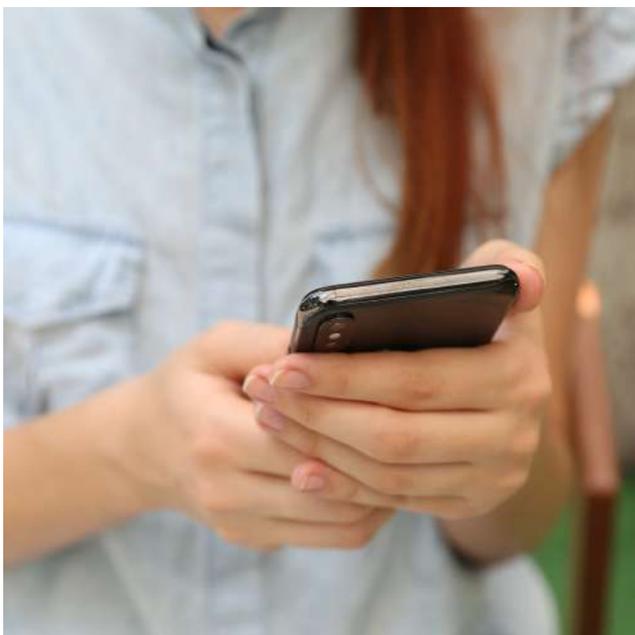


wellness in 2 declutter your digital life

Physical clutter can be a source of stress for us in many ways. Clutter sends signals to our brain that our work isn't yet done, it creates feelings of guilt over not being more organized, and it bombards our senses with stimuli. The funny thing is, digital clutter can have a very similar impact on our emotional wellbeing.

This month, take two minutes to tackle the digital clutter in your life. This doesn't mean getting your inbox down to zero, but there are a few simple steps you can take to reorganize. Empty your computer's "trash" folder, get old documents off your desktop, create a few email folders to categorize your emails. If you're feeling really dangerous, you could put your phone on silence for a few hours just to get a mental breather...we promise we won't tell anyone.

Psychology Today

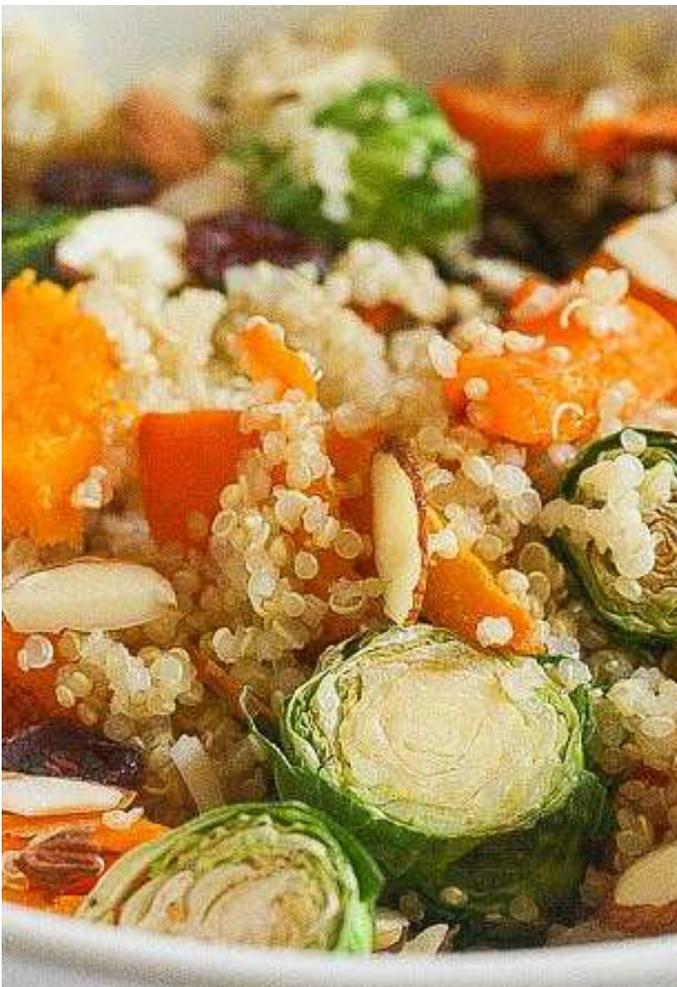


THIS MONTH'S health myth debunked

Myth:
Your Morning Cup of Joe is
Causing Your Rampant
Insomnia

Coffee is amazing. Well, that might be an opinion, but a meta-analysis of 127 studies on coffee does reveal that coffee has a multitude of unbeatable health benefits. This natural antioxidant brew helps to calm inflammation, regulate blood sugar, and even repair your DNA... but the question is, is that caffeine in the coffee disrupting my sleep? Well, it depends when you drink it. While caffeine affects everyone differently (and it's best to know your body and what works for you) the key is to time your coffee right. Based on the cortisol levels and patterns of the average person, the best time to drink your morning coffee is about 1.5-2.5 hours after you wake. That means if you wake up at 6:30am, strive for your first cup between 8-9am, rather than right when you roll out of bed. Here's the catch: caffeine can remain in your system for up to 12 hours, so the after-lunch coffee you crave when you're starting to feel groggy may actually affect your sleep. But again, listen to your body! If you're feeling wired at night, make necessary adjustments like switching to decaf or drinking herbal tea once noon rolls around.

Source: Inc



BALANCE WITH BRUSSELS healthy dinner bowl

INGREDIENTS:

- 1 cup quinoa, rinsed
- 1 1/2 cups vegetable broth (can also use chicken broth)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 onion, minced
- 1 tablespoon fresh ginger root, diced
- 2 cups sweet potatoes, diced
- 1 cup sliced brussels sprouts
- 2 tablespoons dried cranberries
- 1/4 cup sliced almonds

INSTRUCTIONS:

- Place quinoa and broth into pot and let simmer for 15-20 minutes
- Place olive oil, garlic, onion and ginger into skillet. Add sweet potatoes and brussels sprouts and cook for 10 minutes.
- Add cooked quinoa, cranberries, and almonds to skillet and thoroughly combine.

4-6 Servings | 289 Calories Per Serving
Prep Time: 5 Min | Cooking Time: 30 Min

Source: Kelly Nutrition





TEAM SPOTLIGHT

Cassidy Noonan

Yoga Coach

“ How To Find Your Inner Balance

Balance is a simple word, but a complex idea. Think of bamboo. Bamboo possesses simultaneous qualities of strength and softness. This is a great example of balance in nature: as a perfect flow between two seemingly opposite qualities. But, being human is not the same as being bamboo.

We all have complicated, dynamic lives which do not always provide the ideal circumstance for harmony. But balance is not something we "have." Everything departs from and returns to balance inevitably. A key to cultivating equilibrium is accepting that sway. In my own yoga practice, I notice the more I fight imbalance, the less balanced I become. Rigidly forcing balance actually creates more stress in the body, resulting in the feeling of faltering.

Creating balance starts by cultivating equilibrium in the mind. For example, it's natural to come out of a long day feeling tired. I no longer fight that feeling by cramming more work in - I accept rest when needed. If I have a busy day ahead, I embrace it. I stay gentle with myself throughout, and I remember to enjoy the work I am doing. Approaching the challenging days this way creates more focus, takes less energy and I rejuvenate faster when I can rest.

Ultimately, whenever I feel stretched too far in life, I remember: balance feels like a push and pull, always returning to center. I trust that I can do the same.

research shows work-life "balance" isn't the point

Source: HBR

INTRODUCTION

The good news? We're living in a time when more and more companies are valuing the importance of doing great work and building a life you love. That being said, for some people, managing work and enjoying life is more complicated than it sounds. Let's start off by reinforcing: there's no "right" way to do this. But, more research is coming out around how effective methods for integrating work and life together in a way that fits your unique lifestyle.

It's not about dedicating equal portions of time to only two parts of your life, but instead, taking a look at what needs your time and attention and how you'll be best served as an individual.

SUCCESS ISN'T LINEAR

What one person considers to be a success might not even register for you. So rather than trying to only assign success to "work" and "life," it's okay to break those categories out a bit more. Find personal aspects of your life that are important to you, and figure out what makes you feel successful in those areas.

THE RESEARCH

According to the Harvard Business Review, 1 out of 5 people report high engagement and high burnout. Therefore, those who do not feel they have time for their personal life feel drained and distracted at work.

KEEP YOUR COOL

Research referenced in the Harvard Business Review article notes that people feel most stressed out when they feel out of control. So remember, this is your life. You're in the driver's seat. You've got this.

THINK EFFECTIVENESS, NOT BALANCE.

Catalyst is a research firm focused on women in business, and they use the term, Work Life Effectiveness. We dig that.



Morning Routines to Boost Your Mood



MEDITATE

Start your day by... doing nothing. Find a comfortable seated position and take a few intentional, deep breaths. It's okay if doing nothing is hard at first! It gets easier within the first week.

MAKE BREAKFAST

Take some time to nourish your body before you go out into the world.

DRINK A GLASS OF WATER

Hydrating throughout the day is important, so drink a glass first thing and set the tone. Maybe even add a lemon...

HOW TO: BE FESTIVE IN THE OFFICE

- 1 Make a paper chain out of light green and dark green construction paper, ask your coworkers to write a wish on each chain and string them together for luck!
- 2 Hang some green lights. They aren't just for Christmas, you know!
- 3 Be the most popular person at work and bring in some green treats. This Green Avocado Pound Cake from Joy the Baker is a personal favorite of ours.

Get Lucky



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

"Do you have any suggestions on how to beat the afternoon slump?"

Tyler, Newtown, PA

Thanks for the great question, Tyler! It's no secret that humans are spending more time than ever before sitting down. Our number 1 tip for beating the afternoon slump is to get up and get moving. Take a lap around the office every couple of hours to get your limbs moving and your blood flowing. Bonus points for getting some fresh air! And don't forget that fatigue is a symptom of dehydration - have a glass of water while you're up!

