A Peek Inside

MIND
Find your way around almost any city

BODY
Don’t forget to have a little fun this month

FOOD
Get ready for tomato season with this recipe

RESEARCH
Boost your emotional resilience

MYTHS DEBUNKED
How to make the most of your sleep

April:
Fool Me Once

Whether you’re looking for a break in your day, or a reason to crack a smile, April is the perfect time to let your hair down. From midday coffee breaks to finding a reason to laugh, this month we’re taking every opportunity to loosen up a little!

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

Foursquare City Guide app

Foursquare City Guide was designed to help you navigate your way through the best food, restaurants, and must-see sites all over the globe.

Traveling to a new city, whether for work or play, can sometimes feel intimidating, especially when it comes to figuring out where to eat and what to do with your time. That’s where Foursquare City Guide comes in! Whether you’re looking for the best place to try the local fare, or a new museum to visit, Foursquare City Guide makes it easy for you to find your way around and have fun while you’re at it. You’ll never feel like a foolish tourist again.

Cost: Free + In App Purchases

wellness in 2

Channel Your Inner April Fool

Research conducted and covered in the Harvard Business Review shows that not only do Americans work longer hours and take fewer vacations, but most wish they carved out more time for fun. And while having fun may seem like hard work sometimes (i.e. something we have to go out of our way to do), it turns out having a little fun during the work day can make our overall days more enjoyable.

In the spirit of April Fool’s Day, all month long, take two minutes to have a little fun! Maybe tell a good joke you heard, or share a moment that brought you joy. We bet you’ll find it easier and more rewarding returning to work afterward.

office holidays

THE OFFICIAL APRIL LIST

1st: April Fool’s Day
14: International Moment of Laughter Day
16th: Wear Pajamas Day
23rd: Take a Chance Day
30th: Honesty Day
**THIS MONTH'S health myth debunked**

**Myth:**
Goofing off at work kills productivity

**Reality:**
There's a lot to be said for buckling down and getting things done at work, especially when we're juggling projects or shifting in and out of new roles. That said, it can be just as beneficial to remain open to a distraction or two when things start getting super stressful. Research from Kansas State University found that employees who take regular short breaks throughout the work day report being happier than those who remained ultra-focused on one task for too long. So go ahead and let your hair down at work once in a while. You have our permission.

*Source: Virgin*

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**CREAMY CHICKEN CACCIATORE creamy chicken + tomato skillet**

**INGREDIENTS:**
- 4 boneless skinless chicken breasts
- 1 teaspoon Italian seasoning
- Salt and pepper
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- ½ red bell pepper
- ½ yellow pepper
- 8 ounce mushrooms
- 15 ounce crushed tomatoes
- ¼ cup heavy cream
- ¼ cup chicken broth
- 1 tablespoon Italian seasoning
- ½ cup fresh basil, chopped
- Freshly grated parmesan

**INSTRUCTIONS:**
- Season chicken with seasoning, salt, and pepper. Heat olive oil in large skillet and cook chicken 3 minutes on each side. Set aside.
- Add garlic, bell pepper, and mushrooms to skillet. Saute until tender. Add crushed tomatoes, heavy cream, chicken broth, and seasoning. Let simmer until thickened.
- Add chicken back to skillet until heated through. Serve over hot pasta and garnish with basil and parmesan.

4 1/2 Servings | 375 Calories Per Serving
Prep Time: 10 Min | Cooking Time: 20 Min

*Source: The Recipe Critic*
TEAM SPOTLIGHT

Tina Roach
Program Manager

“Trick Fun into Your Work Day”

Let’s get clear, not every day is going to be full of fun. Too often, we get caught up in our work, whether we have tight deadlines, a laundry list of tasks, or 1,000 unread emails that need “immediate” attention. So we complete all the tasks, stay late to meet the deadline and we finally answer all the important emails. Wash, rinse, repeat. Or are there moments that we can create fun, joy or happiness?

Sprinkling doses of happiness throughout your day can be simple:

1) Find a buddy for a mid-afternoon coffee break to the kitchen or if possible, your favorite coffee spot in the city. If you’re feeling generous and want some solitude after a long meeting, bring a coffee for someone with a little note that will brighten up their day & yours.

2) Take some “me” time during your days. Studies show, micro-breaks boost productivity. Get creative with this one. My go-to is a walk outside for fresh air. For others is could be taking two minutes to add a few songs to your “mood booster” playlist.

3) Laugh. Remember it doesn’t have to be business all the time. Share a moment with a colleague that made you laugh or perhaps an embarrassing moment that happened during your commute. We all have those types of days...

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**INTRODUCTION**

We tend to associate strength with the physical, but there’s one kind of toughness that doesn’t come from hitting the gym: emotional resilience. When it comes to being emotionally strong, we’ve collected the advice from Steven Southwick and Dennis Charney, who have studied some of the most resilient people for more than 20 years.

**THE RESEARCH**

In their book, Resilience: The Science of Mastering Life’s Greatest Challenges, authors Steven Southwick and Dennis Charney gathered information on 10 things resilient people do. And while there were several important takeaways, one that stuck out was a reference to a study by Emmy Werner, who followed the lives of children raised in compromising circumstances. Her research showed children who had at least one positive role model grew up to be productive and healthy adults. Interestingly, that was the common thread tying all of the people Southwick and Charney interviewed together: They all had role models to look up to, suggesting that the people we surround ourselves with have far more impact than we’re aware of.

**FACE YOUR FEARS**

According to neuroscience, the best way to handle fear is to face it head on. Earl Miller, a cognitive specialist and neuroscience professor at MIT found that humans can’t actually focus on more than one thing at a time. His research indicates that the act of doing actually reduces the presence of fear, so rather than avoiding the things you’re afraid of, take your power back by showing up and addressing them.

**STAY POSITIVE, BUT REALISTIC**

Turns out being positive isn’t about rainbows and butterflies. When Laurence Gonzales studied survivors of life threatening scenarios, he found the key was to be realistic about the world, yet confident about your abilities. Try to apply that mindset the next time you find yourself feeling negative. Remember: Realistic, but confident.

**FIND A GREATER PURPOSE**

The article says that keeping your brain strong, being open to lifelong learning, and finding a sense of purpose are all ways to stay emotionally healthy for years to come. Finding a greater purpose behind your challenges will help you evolve emotionally and continue to push forward.
3 Plants Even You Can Grow this Spring
Illustrations from Jungle Spaces

**SNAKE PLANT**
These desk friends don’t need a lot of water, so allow soil to dry completely between waterings, especially in the winter. Place in indirect light and fertilize occasionally.

**PEACE LILY**
Keep the soil moist, but do not overwater. Fertilize only occasionally, and note that Peace Lilies are sensitive to chemicals commonly found in tap water.

**ALOE**
Like cacti, succulents do best in dry conditions. Also, make sure that the pot has plenty of drainage holes. Aloe vera plants cannot tolerate standing water.

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**HOW TO:**
**PREPARE FOR SPRING CLEANING**

1. Think about your goals - what do you want your space to inspire this year?
2. Keep only what you love. It’s okay to let go of those things that have been in boxes for months or years. They’ve served their purpose.
3. Pay it forward. Sort into piles: keep, toss, and donate. Make sure to donate as much as you can!
4. Reorganize what you keep.
5. Take a deep breath and enjoy your new space! Maybe even treat yourself to a new candle or art piece.

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**THIS MONTH’S YOUR QUESTION ANSWERED**

**“Are office pranks taking it too far?” - Jessie Clark, Philadelphia, PA.**

- Jessie Clark, Philadelphia, PA.

Thanks for the great question, Jessie! Like we mentioned earlier in the newsletter, a little fun during the workday is never a bad thing. It can relieve some stress and make the work you’re doing feel more meaningful. That said, use your common sense and make sure you’re respecting people’s boundaries. If you’re really going in for a prank, get consent beforehand -- even if it’s a few weeks ahead -- to keep the element of surprise. Maybe even consider swapping a “prank” for a “pleasant surprise” and treat someone to a random act of kindness, like buying their lunch. Finally, remember: it’s work, not the middle school playground. Have fun!