A Peek Inside

MIND
An app that helps you shop consciously

BODY
The benefits of unplugging before bed time

FOOD
A meal that will make your mouth water

RESEARCH
How using emotional intelligence leads to better focus

MYTHS DEBUNKED
Why growth mindset is beyond business

JUNE
Growth Spurt

Summer is here and we are quite familiar with the effects of vitamin D. The increase in energy, optimism and alas, the ambitious vacation planning. So, we’ve compiled some strategies and tips to help you slow down and approach this month a little differently. Read on if you’re interested in using emotional intelligence to your advantage and take June head on!

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
wearwell

Part of healthy living is feeling good about the impact you’re making on (and in) the world. Wearwell is a one-of-a-kind personalized shopping experience that matches you with clothing and accessories that fit your personal style, budget and values.

Wearwell consciously chooses brands that are dedicated to making the world a better place by paying garment workers and artisans living wages and reducing impact on our environment. Each month, you’ll get a personalized, virtual shopping cart designed just for you by your stylist.

Cost: $8.50/month + clothing & accessories purchased

office holidays

the official june list

1st: National Egg Day
3rd: World Bicycle Day
16th: Father’s Day
21st: National Yoga Day
26th: National Chocolate Pudding Day

wellness in 2

unplug before bed

About 90% of people admit to using technology devices just hours before bed. The screen time even hours before bed can be physiologically and psychologically stimulating in ways that can adversely affect your sleep.

Take 2 minutes to create a digital curfew. Power down your electronics or switch them to sleep mode. Below are some tips for alternative ways to occupy your time away from the screen:

- Read that book you had on your list for weeks
- Write 3 things you were grateful for that day
- Pet your animal

Source: Sleep Foundation
Myth: Our skills and intelligence are fixed.

The belief that our skills and intelligence are fixed is called a “fixed mindset.” While fixed mindsets permeate our culture, Carol Dweck, a Stanford University Professor of Psychology, explains that there is a better way to approach the world, our businesses, and ourselves. In her research, Dweck defines the concept called growth mindset as, “the belief that intelligence and abilities can be developed over time with the right environment and encouragement rather than assuming that a person’s skills and abilities are fixed.”

Through her research, Dweck shows many examples of how a growth mindset can create positive impacts on business, leadership and academia. In general, when organizations are driven by leaders and teachers who foster a growth mindset, they are naturally focused on development and encouragement rather than simply appearing “good.” This prioritization of development over appearances leads to greater levels of collective success, happiness and unity.

The benefits of a growth mindset can be found in any environment where people are working together towards a common goal. If we embrace the research and understand that our skills and our intelligence can be improved over time, we begin to look at “mistakes” as “learning opportunities.” We prioritize learning and innovation over frustration and instability. Growth can happen more effectively, and we encourage the development of skills that may have been overlooked. Next time you make a mistake, try to internally flip the narrative from “I can’t” to “how can I...?”

Source: Business.com

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**some amazing buns**

**Spinach Tomato Burger**

**INGREDIENTS:**
- 1 large egg
- 2 Tbsp fat free milk
- 1 tsp basil
- ½ Tbsp salt
- ¼ tsp pepper
- ½ C bread crumbs
- 1 lbs of ground turkey
- 4 whole wheat hamburger buns
- ¼ C spinach dip
- ¼ C of sun dried tomatoes

**INSTRUCTIONS:**
- Combine first six ingredients together. Add meat and mix lightly.
- Shape into four ½ in. thick patties
- Place burgers on oil stack grill/pan covered in medium heat until 160 degrees fahrenheit (4 5 minutes each side)
- Grill buns and top burger with spinach dip and tomatoes
- Enjoy!

4 Servings | 389 Calories Per Serving  
Prep Time: 20 Min | Cooking Time: 10 Min

Source: Taste of Home
INSPIRING INSIGHT

Emily & Erin
Co-Founders, wearwell

Have you ever thought about what it took to make the clothes you’re wearing? It’s a hugely complex process. Considering the steps of the process, production starts from the sourcing of raw materials, to the weaving of the fabric, then to the person in the factory who sewed it together. Here are 3 reasons why you might want to consider the sustainability of your clothing as a part of a healthy lifestyle:

1. You care about women’s issues. Over 85% of the 14 million garment workers around the world are women. Fair and living wages - in addition to safe and healthy work environments - for these women means greater financial stability. Research shows that women spend more money on their children’s health and education, meaning fair wages for garment workers has the potential to strengthen economies for future generations.

2. You love our planet. We all know Earth’s resources are finite. The clothing industry is the 7th largest contributor to pollution. Occurring often through toxic dyes running into local water supply, fabric scraps ending up in landfills, and more. But all is not lost! It’s possible to mitigate harm to the environment by opting for organic materials like cotton or sustainable options like Tencel.

3. You like telling a good story. Imagine if the answer to a compliment about your new shirt wasn’t “Thanks - it was a steal for $10!” but instead “I love it because it provides a living wage to the women who made it and the dyes are non-toxic, so it’s better for the planet and for my skin!”

For many, the journey to shop consciously for clothing is challenging, but we believe in progress over perfection. Our advice? Pick one place to start, whether that’s buying fair trade, organic, once-used, or borrowed. Collectively, we can make a tremendous difference.

how to use emotional intelligence to shift focus

Source: Harvard Business Review

INTRODUCTION

Do you often feel out of focus? Maybe you know the feeling of a “stress cycle” when you feel unproductive, and then feel stressed about feeling unproductive, leading to a further inability to get tasks done? The good news is, you’re definitely not alone. In this day and age, we are consumed by distractions, whether it is technology, or even our own thoughts. And there’s something we can do about it:

THE RESEARCH

Kandi Wiens, a Senior Fellow at the University of Pennsylvania Graduate School of Education in the Doctoral Program, explains how tapping into emotional intelligence is a critical differentiator between excelling in the workplace, or cycling into burnout. When you make conscious decisions about when, why, and how you allocate emotional energy, you decrease the systemic stress response and create a mental environment that encourages calmness and productivity.

DIGITAL DETOX

In a 2017 Stress in America Survey, the APA found that “constant checkers” more than 42% of people who check their emails, texts and socials experience more stress. While we feel like it’s impossible to take a break, unplugging or limiting access can help control our focus and increase our mental health.

SLEEP. SLEEP. SLEEP.

When you add a few sleepless nights together, sleep deprivation sets in. Sleep deprivation contributes to an inability to focus and receive and recall information. Start small and begin winding down for bed 30 minutes earlier each night. Set a goal to get 7 or 8 hours twice per week and adjust accordingly. Prioritizing sleep will pay off in the long run.

CARE ABOUT OTHERS

Studies show that shifting our focus to others produces physiological effects that calm us and strengthen our resilience. Next time you’re in a moment of acute stress, take a break from fixating on your own worries and fears and lend a hand or ear to someone you care about. This has two benefits: it reduces your stress, and makes you feel good knowing that you’re doing something meaningful for someone else.
3 Ways to Curb Tech Addiction

**SET A TIME LIMIT**
With many of us tied to technology for most of our day, it’s important to set boundaries around screen time. To start out, try limiting phone or computer use while you’re eating or commuting.

**USE AIRPLANE MODE**
A great hack for limiting screen time is to turn on airplane mode. It’ll make you more aware of when you’re mindlessly browsing, and limit distracting pings.

**FIND A BUDDY**
Like changing any habit, having a partner can help keep us accountable. Team up with a colleague, partner, or friend to kick the tech obsession with you.

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**How to:**
get the most out of your morning

1. Get a good night’s rest
2. Wake up a bit earlier and get excited about breakfast
3. Pick that pump-up playlist and strut to work
4. Give yourself permission to shake off the commute mishaps, like getting cut off in traffic
5. Before sitting down to work, chat with a friend or simply take a minute for yourself
6. Smile! Even if all else fails, smiling signals our bodies to release more happy chemicals

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**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

“Are there any foods that are known for providing more energy throughout the day?”  
Alex Riley, Newark, Delaware

Thanks for the great question, Alex! With our busy schedules, packing the right foods can feel like another daunting task. We’ve compiled a quick list of “go-to” snacks that you can grab in a pinch to keep you energized and satisfied:

- **Bananas:** Rich with Vitamins B6, which has been found to improve cognitive abilities, especially memory. Magnesium has been associated with increased brain activities.
- **Apples:** Extremely rich with antioxidants, specifically quercetin that blocks the release of cortisol (the stress hormone).
- **Dark Chocolate:** The antioxidants in dark chocolate also stimulate blood and heart movement, which can improve your energy, memory, focus, and problem-solving skills.