August
Inside-Out

Summer can be a whirlwind. Especially this month, as the final weekends are dwindling and we begin to feel the pressure to book last minute trips holding onto each ounce of sunlight. Even though our intentions are to relax, it’s only natural to feel overwhelmed during this time. This month is the perfect time to turn our anxious feelings around summer ending inside-out. We’ve compiled some tips and tricks to help us reframe our summer scaries!

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
Calm app

Calm is a meditation app that helps you manage anxiety, lower stress and sleep better. Calm is meditation made easy.

Can’t seem to fall asleep like you used to? Or do you need a tool to really help you get focused? Calm, provides an array of professionals and resources to guide you into any mood you are trying to achieve. This app is perfect for beginners as well as intermediate and advanced meditators.

Cost: Free + In App Purchases

office holidays
THE OFFICIAL AUGUST LIST

10th: National Lazy Day
12th: World Elephant Day
15th: National Relaxation Day
20th: National Lemonade Day
26th: National Women’s Day

wellness in 2
Make Your Bed

Did you know those who make their beds are happier and more successful? According to a recent survey of 68,000 people by Hunch.com, 71 percent of bed makers consider themselves happy, whereas 62 percent of non-bed makers admit to being unhappy. The results show, bed makers are also more likely to enjoy their jobs, own a home, exercise more frequently and feel well rested. This is not to say those who do not make their beds cannot be happy or successful; however, the odds are stacked against them.

Challenge yourself this month by taking two minutes to make your bed. See if you begin to notice any of the benefits that the 72 percent are reaping. It may be the shift you need this month!

Source: Psychology Today
THIS MONTH'S
health
myth
debunked

Myth: Natural Cleaners Don't Work Well

When we think of a deep house clean, most of us envision grabbing a bottle of bleach and our latex gloves. Perhaps, even the lingering smell of bleach leaves us feeling accomplished. That feeling may be real; however, what we may not realize is that potent smell that we often associate with clean, packs a mean and toxic punch.

Many traditional cleaning products release dangerous chemicals, including volatile organic compounds (VOCs). These ingredients are linked to throat irritation, headaches and other health problems. Not to mention, these VOCs are then rinsed down the drain and into the waste system, where some of these chemicals are funneled into rivers and lakes, harming wildlife and the environment. Green cleaning skeptics believe natural cleaners aren't as equipped to really clean surfaces compared to traditional cleaning products.

It’s true that some ‘green’ cleaners do little more than remove dirt. They don’t disinfect, nor do they claim to, so they do not kill germs. However, many other natural cleaners, homemade or store bought can disinfect as well as clean, says hygiene expert Donna Duberg, assistant professor of clinical laboratory science at Saint Louis University. For example, white vinegar is very effective in killing E.coli, salmonella, and shigella bacteria, says Duberg. “It’s good for nearly everything — from soaking the vegetables to washing the floors,” she says. “Mix it with enough baking soda to make a paste and you’ll get the scum out of your bathroom.”

Next cleaning spree, instead of grabbing the bottle of bleach, do a little bit of research to find a natural alternative to help you reap similar results without the toxins and side effects.

Source: AARP

SNACK REMIX
Inside Out Apple Bites

INGREDIENTS:
• 2 apples (Granny Smith)
• 1/2 C no stir almond butter (or sunflower butter)
• 1/8 C sliced almonds
• 2 Tbsps raw honey

INSTRUCTIONS:
• Slice apples in half. Using a melon scooper, scoop out inside of apple including the seeds and core
• Fill hollow apples with almond butter and top with sliced almonds
• Place apples in fridge to chill for an hour
• Remove from fridge, slice apples into quarters and drizzle with desired amount of honey

8 Servings | 200 Calories Per Serving
Prep Time: 5 Min | Freeze Time: 60 Min
Source: Fit Foodie Mama
TEAM SPOTLIGHT
Tina Roach
Program Manager

“My Inside-Out Routine

We’re human and by nature we’re creatures of habit. Each one of us has some type of routine, some may follow more rigidly than others. Although routines keep us organized and our ducks in a row, sometimes they also run us into the ground. Or we simply don’t even like our routines. Yes, we may be creatures of habit but we also like a little excitement sprinkled into our daily lives.

First, it’s important to notice when you begin to feel bogged down by your routine. Being aware of certain patterns will help guide you when to shake things up. Once you’ve nailed this, it’s time to turn your routine inside-out, start experimenting.

For me, I like to dabble in different activities to get me moving. I recently picked up cycling and I have gained so much joy in this form of exercise, which resulted in shifting my commute routine completely. Perhaps you have the freedom to switch up your daily commute and gain some personal time along the way.

Write down your achievements at the end of the day. Many of us do a million things in one day and feel like we’ve accomplished nothing. Sometimes, we just need a visual of what we did accomplish that frees us from our internal guilt that may be unnecessarily weighing us down.

Have fun with it. At the end of the day, it could be as simple as saying yes to more and getting out of your normal comfort zone. Happy experimenting!

INTRODUCTION
Our minds are very powerful. Unless you’re a neurologist, you may not spend your free time analyzing the way you think. However, the way we think about ourselves is directly reflected into behavior. For example, if you think you’re a failure, you’ll feel like a failure and then you’ll act like a failure.

If we continue to draw inaccurate conclusions about ourselves, we’ll only limit our potential. The good news is we can change how we think. We can alter our perception and increase our opportunities for success.

THE RESEARCH
A study conducted by Amy Morin, a Psychotherapist and mental strength author shows how people who tagged themselves with certain beliefs, for example feeling that they were not good enough to advance in their career, led to a series of negative thoughts and discouragement, which caused them to put less effort into their work. Further proving that our initial thoughts impact our potential.

CHANGE YOUR CONCLUSIONS
Drawing conclusions about ourselves can be complicated, but you don’t have to get caught up in it. Focus on what is real and support it. Remind yourself that those beliefs do not define your potential.

LOOK FOR EVIDENCE TO THE CONTRARY
Take note of the times when your conclusions or beliefs were false. Keeping tabs of when you defied your beliefs reinforces that your beliefs aren’t always true.

CHALLENGE YOUR BELIEFS
Conduct some behavior experiments with yourself. For example, if you feel like you’re not good enough, do something you’re confident in to help you feel worthy. Training your brain to think differently ultimately takes practice. Tired of feeling stuck and limiting? It may be time to start training and reframing your thought patterns!
3 Ways to be More Mindful at Home

DO SOMETHING YOU LOVE
We all have those days where we don’t prioritize ourselves and take on more than we have the bandwidth for. Commit to doing one activity a day that YOU love.

PRACTICE MINIMALISM
Try and downsize your space or life by creating a list of your own priorities. This can mean cleaning out that “junk-drawer” or freeing up your calendar for things that bring you joy.

CREATE A PEACEFUL OASIS
One way to take back control over everyday stress is to create a peaceful oasis in our own home. This space can be anywhere in your house, a nook or an entire room. Designate a personal space for you to unwind and sink into after a long day.

HOW TO:
MAKE NATURAL AIR FRESHENER

You’ll need...

1. 1 sliced lemon
2. 2 tablespoons rosemary
3. Dash of vanilla

In a medium saucepan, simmer the above ingredients in a quart of water to freshen and clean the air. Just make sure not to let the water evaporate completely!

So Fresh, So Clean.

“What are some ways fun ways to beat this heat this August?”
Heather Malloy, Phila, PA

Thanks for the great question, Heather! This time of year can be challenging to enjoy when some days you can barely step outside without feeling like you’re going to melt. Here are a few quick ideas for activities to do to get you out of the house, and out of the heat:

1) Hideout in a museum. Maybe one you haven’t visited in a while.

2) Go tubing down a river. Here in Philly we love the Brandywine!

3) Search around for a local drive in movie theater

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