



WORK WELL UPDATE

A Peek Inside

MIND

Trick yourself into a good mood

BODY

Learn how to mindfully
be afraid

FOOD

A health(ier) Halloween treat

RESEARCH

When you feel like you're
faking it

MYTHS DEBUNKED

Candy causes cavities

October *Masquerade*

Did you know candy corn was originally called chicken feed? We didn't either. This month, we're doing a deep dive into Halloween from the psychological (what it means when we wear masks) to the physical (what our brains do when we truly get spooked). Read the latest issue for some tricks & treats on how to navigate fear both physically and intentionally.

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

Leaf Peepr app

It's no secret one of the best parts of fall is the vibrant foliage. Are there some places that come right to mind once fall hits for the best scenic drives or evening strolls? With Leaf Peepr, you can discover what spots are either in their peak or in their transition phase.

This app is perfect for leaf lovers or those looking for a fun fall activity. With Leaf Peepr, you can leave the guess work out and enjoy time spent outside .

Cost: Free + In App Purchases

office holidays

THE OFFICIAL OCTOBER LIST

1st: National Cookie Day

5th: National Do Something Nice Day

7th: National Inner Beauty Day

28th: National Chocolate Day

31st: Halloween!



wellness in 2

get spooked

Studies show, how we experience fear has a lot to do with the context. When our “thinking” brain gives feedback to our “emotional” brain and we perceive ourselves as being in a safe space, we can quickly shift the way we experience that high arousal state, shifting from fear to enjoyment or excitement. Take entering a haunted house as an example. When you are anticipating a ghoul jumping out at you and acknowledging it isn't really a threat, you are able to reframe that experience. When something scary happens, in that moment, we are on high alert and not preoccupied with other things that might be on our mind, which brings us to the here and now.

This month, when you get spooked take two minutes to notice how your body naturally responds. Does your heart rate speed up? Do your palms get sweaty? Remember, being mindful comes in many forms, even when you get spooked!



Source: Smithsonian

TOMPKINS
Insurance Agencies

THIS MONTH'S
**health
myth
debunked**

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Myth:
candy causes cavities

Halloween is around the corner and we all have one thing on our minds...candy. You've heard it your entire life: avoid candy or you'll have a mouth full of cavities. Well, that might not be completely accurate. While a diet full of candy can certainly lead to dental problems down the road, candy isn't the primary culprit of cavities.

Cavities are formed when bacteria living in the mouth digests carbohydrate debris left on the teeth after you eat. While it is possible that this debris originates from refined sugars, carbohydrates found in foods like potatoes, vegetables and fruits also form the bacteria that causes cavities. When digesting these foods, bacteria in your mouth produces an acid that combines with saliva to form plaque. Plaque builds up after every meal if you don't brush your teeth and floss regularly. While eating a diet filled with candy isn't the healthiest approach, it's also not your one-way ticket to the dentist chair. So this halloween indulge in a piece of candy or six. Just make sure you brush your teeth and floss after.

Source: Live Science



CANDY CRAVING
Smiley Apples

INGREDIENTS:

- 1 red apple
- 8 tsps of creamy peanut butter (or nut-free butter)
- 16 mini marshmallows

INSTRUCTIONS:

- Cut the apple into quarters; remove the core.
- Cut each quarter into 4 slices
- Spread 1/2 tsp peanut butter (or alt spread) on one side of each slice
- Cut each marshmallow in half lengthwise
- Place 4 marshmallow halves over peanut butter on 8 apple slices, extending slightly over peel of slice for teeth
- Top each remaining apple slice, peanut butter side down, to make a smiling mouth

2 Servings | ~70 Calories Per Serving
Prep Time: 10 Min | Cooking Time: 0 Min

Source: Pillsbury





TEAM SPOTLIGHT

Milana Shvets

Junior Program Developer

“ Quieting the Self Doubt

We've all been there. You're super excited about an opportunity, an event or a date and you feel unstoppable. And then it happens. Suddenly, you start doubting yourself and before you know it you're on the verge of cancelling all of your commitments and spending your life in bed. That's your self doubt talking, and like every other muscle in your body it can be re-trained.

I was a victim of imposter syndrome for a majority of my life. I convinced myself that my luck was the sole reason for everything positive in my life. There's no way I deserve to work at my dream job, come home to a dog that doesn't bark, and be surrounded by friends and family who love me unconditionally. I must just be lucky. It took me years of feeling like an imposter to realize how hard I worked to be where I am and that my self doubt was blocking me from unlocking my full potential.

When I had this realization, I decided to shift the mindset I had towards luck. I created a journal with every accomplishment my 'luck' accomplished for me and wrote down what steps I took to succeed. Having a visual of my own hard work made me realize that while I was very lucky, it wasn't luck that got me to where I am.

Now, every time I start to think I'm an imposter, I stop myself and replace the thought with a positive mantra like "I deserve this and I worked so hard to get here." So next time you feel like an imposter, just remember that you worked hard for what you have and you deserve every minute of it.

when you feel like you're faking it

Source: *American Nurse Today*

INTRODUCTION

The term imposter syndrome originated by researchers Pauline Clance and Suzanne Imes at Georgia State University in 1978. These psychologists observed that some high achieving individuals have a secret sense that they can't live up to others' expectations. Commonly, those who suffer with imposter syndrome don't see failures and mistakes as opportunities or performance feedback, instead, they deeply personalize them. They think their success is based on luck or timing, not their own experience, skills, or other qualities.

THE RESEARCH

According to a clinical research paper published in the *Journal of Behavioral Science*, it is estimated that 70 percent of the U.S. population has experienced imposter syndrome. What's interesting, is what these thoughts do to our brain. When we begin to have these negative thoughts, it activates the process that translates into the stress we feel during the experience. Dr. John Mayer, clinical psychologist at Doctor On Demand explains "the amygdala sends signals to the regions of the frontal cortex that are involved in analyzing and in treating data. The brain then evaluates whether this data is accurate.

If the data is perceived as something that causes angst, the adrenal gland produces a hormonal secretion that results in the release of catecholamines, especially norepinephrine and epinephrine. Then the body is brought into a state of stress." A few ways to combat this cyclical routine are outlined below:

DISCUSS YOUR FEELINGS WITH A TRUSTED MENTOR

Sharing your insecurities or fears with a trusted mentor allows you to separate what's real from your perceptions of insecurity.

UNDERSTAND DEVELOPMENT IS NECESSARY

Throughout your career there will be moments when you've entered uncharted waters. Be honest about what you know and what you don't know and seek advice from your network.

BE WILLING TO BE UNCOMFORTABLE

Fear is a useful emotion, as long as it doesn't escalate paralyzing behaviors. The fear of new challenges will never truly go away; however, it can be managed and reframed.



3 Ways to Get in the Halloween Spirit

DECORATE YOUR SPACE

Cobwebs, plastic spiders and pumpkins are essential for creating a creepy office halloween theme. You can even get a little competitive and have a contest to see who has the best decorations.

HAVE A COSTUME CONTEST

Show off your creativity with individual or group costumes. Have everyone vote on their favorite costume at the end of the day and reward the best costume with a special halloween treat.

TRICK OR TREAT

What's better than Friday? A Thursday filled with candy!

Set up "Candy Stops" around the office so everyone can take a break from work to walk around and trick or treat.



HOW TO: TRICK YOURSELF INTO A GOOD MOOD

- 1 Spend time with your pet or someone elses.**
Studies have found that playing with a dog or cat can elevate levels of serotonin & dopamine, which calm and relax.
- 2 Seek Nature**
Being in nature, or even viewing scenes of nature help reduce angst, fear and stress. Simply walking to the nearest park or garden can uplift your mood!
- 3 Comedic relief**
A good laugh has many short-term benefits. Laughter doesn't just lighten your mood, it actually creates a physiological change in your body.

Power of Pets



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

"With candy being the forefront this month, do you have any suggestions on how to steer clear?"

Jack Hansberry, Grad Hospital, PA

Thanks for the great question, Jack! While it might be nearly impossible to avoid candy this month, there are some ways you can be mindful and prevent a candy binge. The best way to steer clear of candy is to always have a healthy snack with you. Having a snack on hand will ensure you stay full and don't fall into the temptation trap when you see candy. Moderation is also a key to avoiding eating too much candy. Allot how many pieces you allow yourself to eat a day and stick to your plan!

