



WORK WELL UPDATE

A Peek Inside

MIND

Creative ways to give back

BODY

Feel your best during
Thanksgiving

FOOD

A health(ier) Thanksgiving side
dish

RESEARCH

The power of nostalgia

MYTHS DEBUNKED

Turkey makes us tired

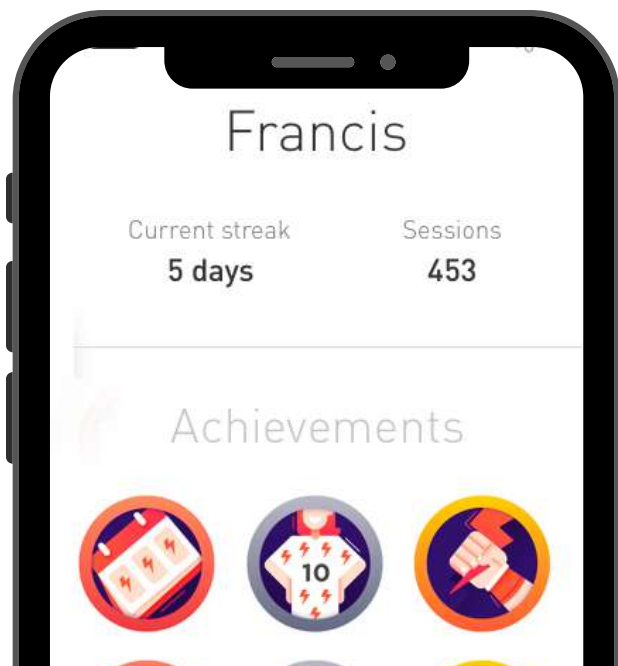
November

Remember, Remember...

Did you know the human brain's storage capacity is nearly limitless? Imagine possessing the ability to remember every single thing that has happened to you since you were born. That might sound overwhelming, so instead let's focus on exercising our memory now. This month, we're looking at the psychology behind our memory, ways to give back to your community and most importantly, how to make it to dessert at Thanksgiving dinner.

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

Elevate app

Looking for ways to improve your memory? Elevate is an app that helps you train your brain by playing fun games on your phone. The challenges are all designed to increase different types of mental agility.

Elevate greets you with a quiz designed to measure your current level of memory. Once you complete the quiz, you can dive into your daily challenge which consists of mini games custom picked based on areas you need to improve. Play daily to increase your skills!

Cost: Free + In App Purchases

office holidays

THE OFFICIAL OCTOBER LIST

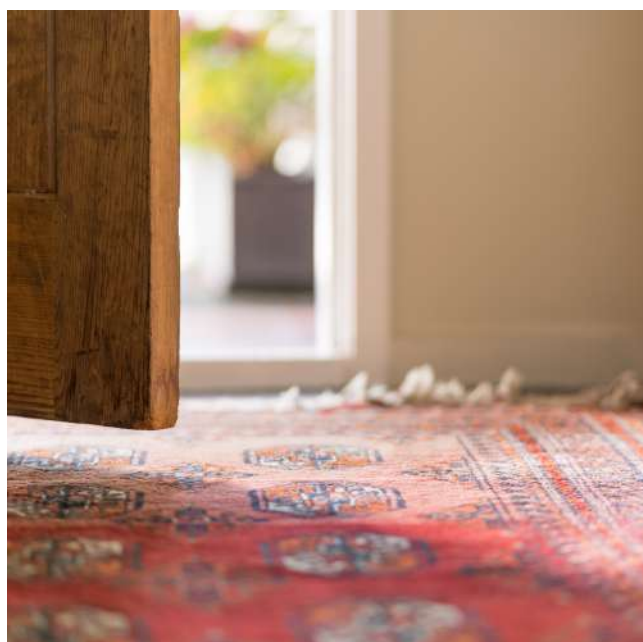
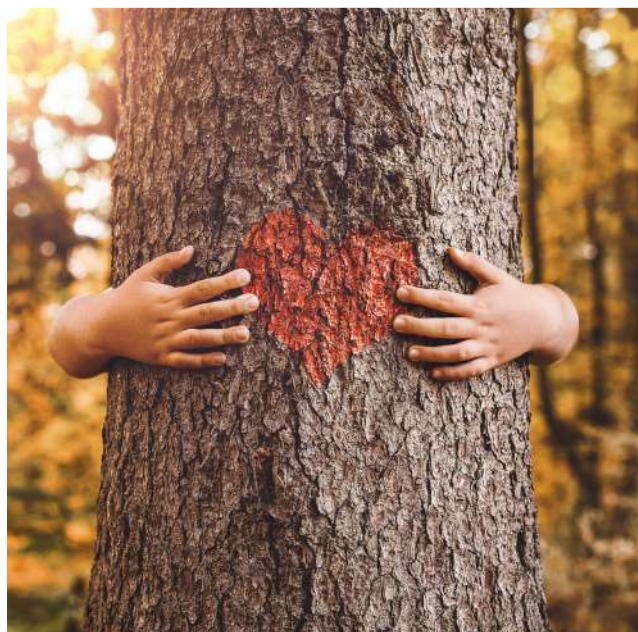
9th: National Go to an Art Museum Day

11th: National Sundae Day

13th: World Kindness Day

28th: National Recycling Day

29th: Thanksgiving!



wellness in 2

harness memories

Have you ever walked into a room and instantly forgotten why? This is actually called the Doorway Effect and it's a fascinating phenomenon discovered by a team of researchers at the University of Notre Dame. They discovered that when we walk through a doorway, our brain creates a "mental block" or a clean slate and changes our mental environment in response to the change in our physical environment.

To avoid the effects of the Doorway Effect, create a system to keep yourself focused on the task at hand. Try not to change environments if you're working on a problem or in the middle of a task. If you have to, make sure to intentionally focus on the task at hand as you move.

Source: BBC



THIS MONTH'S health myth debunked

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Myth:
eating turkey is the reason
why we're sleepy

We all know the feeling immediately following Thanksgiving dinner when we sit down on the couch and are suddenly hit with a wave of exhaustion. The explanation for why that happens is known as the "turkey myth" which suggests that eating turkey is the reason we get so tired. But research shows, turkey is not actually the culprit.

The "turkey myth" stems from the fact that turkey contains an amino acid called tryptophan. Tryptophan forms a brain chemical called serotonin, which is then converted into the sleep-inducing hormone melatonin.

The truth is, turkey doesn't produce any more tryptophan than any other food we eat at the Thanksgiving table. If you want to avoid the post-stuffing fatigue, try to hydrate during your meal and load up with fiber-rich veggies on the first plate to curb the urge to go back for seconds (or thirds... or fourths...).

Source: Live Science



A HEALTHY THANKSGIVING SIDE *Fall Chopped Salad*

INGREDIENTS:

- 1.5 lbs. Butternut squash, peeled and cut to 1/2-inch cubes
- 2 cloves minced garlic
- 3 Tbsps extra-virgin olive oil
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 2 Tbsps balsamic vinegar
- 1 tsp maple syrup
- 2 tsp dijon mustard
- 8 Cups chopped baby spinach
- 1 Honeycrisp apple, diced
- 1/2 Cup diced sharp cheddar cheese
- 1/2 Cup chopped pecans

INSTRUCTIONS:

- Stir squash, garlic, 1 tbsp oil, 1/4 tsp salt and 1/4 tsp pepper together in a large bowl. Spread on a large rimmed baking sheet and roast at 400 degrees, stirring once, until tender, about 20 minutes.
- Meanwhile, whisk the remaining 2 tbsp, vinegar, maple syrup, mustard and remaining 1/2 tsp each salt and pepper in a large salad bowl. Add spinach, roasted squash, apples, cheese and pecans. Toss to coat.

Source: Eating Well





TEAM SPOTLIGHT

Olivia Neely

Nutrition Coach

“ IT'S A J.O.M.O. KIND OF DAY

For better or for worse, most of us know about the acronym YOLO. It's pretty much the catch phrase of the decade! If you're not familiar with this one, it stands for "you only live once" and is the jumping off statement for you to just go ahead and do all of the things, don't miss out, because well, you only live once.

I see the appeal here, and believe me, have pulled this line out a time or two to rationalize some spontaneous behavior or endeavor. However, I have also seen this phrase get a little out of hand.

I work with a lot of women who are trying to be everything for everyone. They're burning the candle at both ends, can't say "no" to a get-together or business event, and unfortunately, it's wreaking havoc on their physical and mental health.

That's where my new favorite line comes in, it's called JOMO, "the joy of missing out." I myself have found it extremely hard to miss out on social events, turn down extra work, or even say no to spending time with toxic people that drain my energy. Well, it's almost a new decade and if you're always that person who is there for everyone in your life, but because of this can't be there fully for yourself or your health, then I encourage you to embrace JOMO with me!

Remember, staying in and enjoying a nice homemade dinner and a glass of wine can be much more rewarding than forcing yourself to go out when you don't want to. I say, if it isn't a "hell yes!" then it's a "JOMO" kind of day (or night).

How Remembering Can Help Us Connect

Source: Institute for Family Studies

INTRODUCTION

It's natural to experience nostalgia during the holiday season. Being surrounded by family and friends brings rise to positive or negative emotions associated with the memories of previous years. Nostalgia is defined by the Merriam Webster Dictionary as a sentimental longing or wistful affection for the past. While some studies argue that nostalgia can be a negative emotion, Clay Routledge, a professor and psychological scientist at North Dakota State University, discovered that nostalgia has the ability to create emotions associated with social connection and can even motivate us to connect more.

THE RESEARCH

Routledge's study asked participants to write about an experience from their lives that brought back nostalgic emotions and utilized text analysis software to quantify the content of the results. The study aimed to understand how nostalgia is experienced, what causes it, and how it influences our lives. Routledge and his team discovered that nostalgia is a psychological resource that services a vital role in helping people in their pursuit of a meaningful life by bringing back powerful memories of loved ones.

BOND WITH FRIENDS AND FAMILY

The study found that the root of nostalgic memories are social memories. The computer software generated a report of words most frequently used in participant accounts and family was the most common. A majority of participants recalled nostalgic memories involving loving relationships, especially with family, which tend to focus on positive emotions. The findings show that creating memories with loved ones can bring positive memories for years to come. Other words that appeared frequently included love, happy, laughter, and fun. The study suggested that we're more likely to reminisce about positive memories than negative ones.

THE POWER OF NOSTALGIA

The research suggests that nostalgia is an impactful tool for mental health. People who report high levels of nostalgia express that they are more motivated to pursue social goals, have a greater desire to be around other people and have a greater desire to resolve relationship problems. Being nostalgic can reveal the power of the past and how our longing for social connection can be a guide for the future.



3 Creative Ways to Give Back

PLASTIC FREE FRIDAY

Try a Plastic Free Friday this holiday season. Bring your own coffee mug to your favorite coffee shop, carry reusable shopping bags and opt out of using plastic bags when buying fruits and vegetables at the grocery store.

RUN FOR A CAUSE

Get moving during the holiday season by walking or running in a local 5k. Websites like Run for Charity provide lists of local 5ks where you can participate or volunteer.

GET WELL SOON CARDS

Create handwritten "Get Well Soon" cards for children's hospital patients. Spend your next movie night with friends and family creating cards for children.



How To:

MAKE ROOM FOR DESSERT

1

Take a Walk

Taking a family stroll before dessert gives your body time to digest your food quicker and opens up more room for dessert.

2

Healthy Substitutes

Add extra lower-calorie substitutes to traditional Thanksgiving dishes. Try cauliflower in your mashed potatoes or apples in your stuffing.

3

Pace Yourself

The abundance of food on the Thanksgiving table can make it difficult to pause in between bites, but try pausing for 15 minutes between plates.

Eat More Pie



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

What are the best exercises or activities to do before or after Thanksgiving dinner?

Jessie Street, West Chester, PA

Thanks for the great question, Jessie! The best way to feel good on Thanksgiving is to stay active whenever you can. We recommend waking up early on Thanksgiving morning and doing a quick 20 minutes of cardio. After dinner or before dessert, consider taking a walk with your family to help digest your meal.

And lastly, allow yourself to enjoy the food without shaming yourself. Thanksgiving is a day to celebrate family, and food, so give yourself permission to relax and enjoy!

