



WORK WELL UPDATE

## A Peek Inside

### MIND

Hit pause on technology this month

### BODY

A story about learning to love your body

### FOOD

A Valentine's day dinner that won't steal your time

### RESEARCH

Self-compassion is the new self-confidence

### MYTHS DEBUNKED

Scream YES to boundaries

# February

## STOP, IN THE NAME OF LOVE

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Ah, February, the month of love. We're sure you're feeling a little bombarded with all the Valentine's decorations out there, so this month we're taking things in a different direction: inward. This newsletter is all about self-love, self-compassion and self-respect. One of our favorite ways to cultivate love for ourselves? Setting boundaries. Keep reading for some simple tips on setting effective boundaries with technology, people, and even your own self-talk.

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](http://www.onthegoga.com)



# healthy tech

## ZENSCREEN APP

Let's be honest, staying away from screens is hard, even if we know the benefits of limiting screen time. ZenScreen is the first AI powered app that can guide you to better screen time habits by learning how you're spending time on your phone and computer.

ZenScreen lets you sync your phone with your laptop so you get a comprehensive view of your screen life. It also offers features like "Smart Mornings" and "Quiet Time" that work as built in boundary setting tools for tech timeouts.

*Cost: Free with In App Purchases*

# office holidays

THE OFFICIAL FEBRUARY LIST

2nd: Groundhog Day

10th: Clean Out Your Computer Day

14th: Valentine's Day

17th: Presidents Day

**17th: Random Acts of Kindness Day**



# wellness in 2

## SAY NO

This month's 'Wellness in 2' is an oldie, but a goodie. Just, say "no." The ability to honestly say (or accept) a "no" is crucial to boundary setting and it takes practice.

This month, if you receive an invite that you want to say "no" to, but feel like you should say "yes" to, practice using this powerful two letter word. It might feel awkward or strange at first, but friends and colleagues who can respect your boundaries will appreciate your honesty. Practicing self love starts with learning it's okay to say "no" (or "yes"), even when we risk disappointing others.

*Source: Curiosity*



# THIS MONTH'S health myth debunked

Myth:  
Setting Boundaries Involves  
Saying No All The Time

## FACT:

Setting boundaries doesn't mean saying no to everything. In fact, boundaries are simply the limits we set with others that define what behaviors are acceptable and unacceptable towards, and for, us. Sometimes, we do want (or need) to say "no" to help people understand what our limits are, but sometimes setting boundaries also means saying "yes." Another good way to think about boundary setting is "identifying and protecting our wants and needs." Here's how to start:

### Know Your Limits

Start by considering your own wants and needs. You can even write them down to help create clarity and outline boundaries with strangers and friends. Notice if they're different from person to person or in different situations.

### Practice Communication

Most of our boundaries are invisible. So once you identify yours, practice explaining them to the people around you.

### Be Patient

It takes time for people to learn our boundaries, especially if they are different from their own.

*Source: Psychology Today*



## QUICK & AMAZING VALENTINE'S DINNER crockpot beef short ribs

### INGREDIENTS:

- 3 lbs of sustainably sourced, bone in short ribs
- 3 cups baby carrots
- 2 cups each of sliced mushrooms and beef broth
- 1 cup red wine (optional swap with 1 cup beef broth)
- 2 tbsp tomato paste
- 3 tbsp unsalted butter
- 1 bay leaf, 8 sprigs of thyme, and 1 Tbsp minced garlic
- salt & pepper to taste

### INSTRUCTIONS:

- Add salt & pepper to all sides of the short ribs.
- In a large skillet over medium heat brown all sides of each piece of short rib (about 20 seconds per side)
- Add all ingredients to a large crockpot and cook on low for 8 hours.
- Serve immediately with a side of mashed potatoes and drizzle with the liquid from crockpot

*Source: Erhardts Eat*







## TEAM SPOTLIGHT

# Milana Shvets

## PROGRAM DEVELOPER



### My Journey to Self-Compassion

I'm sure you've heard the suggestion "just love yourself" hundreds of times. But what does that phrase even mean? How do we overcome the internal blocks that stop us from experiencing positive emotions towards ourselves? I realized how toxic my own negative self-talk was a few years ago when I needed a rest day after a four-day gym streak. I was leaving for vacation the following week so even though my body needed a day of rest, all I could think about was the fact that I would never achieve my "perfect" body if I didn't go to the gym that day. So I sat there and repeated on loop, "you're so weak and fat and you'll never have the body you want if you keep giving up." And then I realized...

Why would I ever talk to myself so hatefully? Under no circumstances would I ever tell a friend they were weak or fat. In fact, if a friend told me they went to the gym four days in a row and needed a break I'd tell them how much they deserve a break. What I learned was that self-love and self-compassion (and the behaviors that come with them) begin with a shift in our thoughts.

From that day forward I practiced noticing my own negative self-talk and instead of identifying it as a fact, I started hearing it as a habit. I started literally replying to my own negative words with a positive thought like, "you've worked hard, stay home and make yourself a delicious dinner to make your body happy."

Now I'm not here to tell you cultivating self-compassion is easy. It took me two full years of being mindful about my habitual criticisms before the positive self-talk became more frequent than the negative, but it happened.

# Why Self-Compassion Is the New Self-Confidence

Source: NY Times

## INTRODUCTION

When we encounter a new situation at work, step into a new role, or take on a new personal challenge, we're faced with a slew of uncomfortable emotions: fear, uncertainty, doubt, and imposter syndrome. The classic advice? Fake it till you make it. But this idea of using confidence to beat fear doesn't address the reality at hand: we're beginners and when we're beginners, we're going to make mistakes.

Good news is there is a skill that helps us to embrace challenges, uncertainty, and personal growth while also helping us to own up to and learn from our mistakes. Its name... is Self-Compassion.

## WHAT IS SELF COMPASSION?

Dr. Kristin Neff, Professor of Human Development and Culture at UT Austin, defines self-compassion as "treating yourself with the same kindness, care and concern you show a loved one."

Unlike self-esteem, self-compassion doesn't require anything from us. We don't need to believe we're great at something to feel self-compassion. In fact, self-compassion often comes into play when we make mistakes. So how does self-compassion help us deal with moments of uncertainty?

## IT FOSTERS GROWTH

Juliana Breines and Serena Chen of the UC Berkeley conducted a series of experiments to measure the effect of self-compassion on personal growth. The study found that

participants who scored high in self-compassion were more motivated to admit and apologize for their mistakes than those with high levels of self-esteem. Additionally, the self-compassionate group was more committed to not repeating their mistakes.

## IT'S LESS DISTORTING

While self-confidence may make us feel better about our abilities, it can also lead us to vastly overestimate those abilities, distorting the reality of a situation and limiting our personal growth. Self-Compassion, on the flip side, isn't at all contingent on our abilities. It's a way of communicating with ourselves with kindness no matter if we are succeeding or failing. Because of this, it doesn't require us to inflate our own abilities and encourages a more realistic and objective perspective.

## IT TAKES PRACTICE

Learning to be kind to yourself takes considerably more effort, explains Dr. Neff. But without the pressure to be superhuman, we can ultimately allow ourselves to accept both positive and constructive feedback. This can be uncomfortable at first, but it is much more difficult to learn and improve when we believe we already know everything.

Take the time to practice cultivating a kinder inner voice. This starts simply by being aware of how you talk to yourself right. Remember: You don't want to beat yourself up for beating yourself up in the vain hope that it will somehow make you stop beating yourself up... learn to make friends with your inner critic.



## 3 Ways to SHOW YOUR COWORKERS YOU CARE

### GIVE RECOGNITION

Next time your coworker does something awesome, even if it's small, recognize them in a meeting in front of others. This helps build a culture of recognition.

### BE GENUINELY CURIOUS

Stop in a coworker's office and spend some time talking with them about... them. Getting to know your coworkers on a personal level builds trust and promotes collaboration.

### PRACTICE TRUST

Many workplace stressors are rooted in a lack of trust. By opting to trust rather than control, you're showing your team that you see them as capable. This can result in empowerment, leading to higher efficiency, productivity, and workplace satisfaction.



## DIY: A SNOWGLOBE GIFT

1

### START WITH A MASON JAR

Pick a waterproof snowglobe figurine that you, or someone you care about, would like and glue it to the inside of the mason jar lid

2

### FILL IT UP

Fill the mason jar with cold water. Add glitter and sequins and stir the contents.

3

### TA-DA

Add a few drops of glycerin and screw on the lid. Congrats, you now have a homemade snowglobe!



### THIS MONTH'S

## Your Question, Answered.

Have a health- or wellness-related question you want answered?

Email us at [info@onthegoga.com](mailto:info@onthegoga.com)  
use the subject line

MY QUESTION ANSWERED

### What's the best way to cure a rainy day headache?"

*Michael Woschinson, Chester, PA*

Great question, Michael. Fun fact: these headaches are actually referred to as barometric pressure headaches and many people suffer from them. While there's not necessarily a cure, you can alleviate your headache by getting enough sleep, drinking water, and exercising. Another helpful tip is to practice relaxation techniques when you're feeling stressed. While these are all great tips to feel better in the short term, if your headache becomes unbearable or affects your quality of life, make sure to call your doctor for additional advice!

