



WORK WELL UPDATE

A Peek Inside

MIND

Why all this alone time might be a good thing

BODY

Why exercise doesn't have to be such a daunting task

FOOD

A meal designed for a fully-stocked pantry

RESEARCH

Why "why" matters most

MYTHS DEBUNKED

You "should" have a perfect daily schedule

April
LOOKING IN

While it might feel like the entire month of March was April Fools day, it has finally arrived. Many of us are working from home this month, and if we're not, we're spending a lot of time there. This month, we're focused on taking some time to look inward. Understanding our wellbeing requires us to observe our own thoughts, needs, and behaviors. When we space for this, we can create a practical action plan to support own own health and happiness. Read on for tips on personal reflection, development, and relaxation...

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

DAY ONE

Day One provides an organized space to store your thoughts, so you no longer need to keep a scattered "notes" section on your phone. This app makes personal note keeping simple and streamlined, and gives you the perspective of your thoughts over time.

Day One has a clean and accessible interface. You can add photos to entries, sort journals by areas of your life, set a daily journal reminder, and much more. So whether you want to keep track of all the awesome at home activities you've been doing, or you just want a space to keep reflections, this might be a great app to add to the arsenal.

Free with premium \$2.92/mo upgrade

office holidays

THE OFFICIAL APRIL LIST

1st: April Fools Day

10th: National Siblings Day

16th: National Stress Awareness Day

22nd: Earth Day

23rd: World Book Day



wellness in 2

SPEND TIME WITH YOURSELF

Some of us get more energy from socializing (extroverts), while others seem to recharge alone (introverts). But no matter our personality type, we all benefit from time alone.

Times of solitude have been shown to improve empathy, productivity, creativity and overall mental health. They give your brain time to wander, helping generate new ideas, promote gratitude, and lay the foundations for future interactions. This month, appreciate two (or more...) of the minutes of alone time you may have, even if you need to escape to your room to do so.

Source: Forbes



THIS MONTH'S

health myth debunked

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Myth:
Productivity Requires a
Rigid Schedule

FACT:

Encouraging flexibility and agency within your (or your team's) work schedule makes us happier, feel more valued, and work more productively.

The reality is that throughout the workday, things come up: personal and family appointments, a much needed walk to re-focus, or an accidental late start. Acknowledging that disruptions to your ideal schedule will happen alleviates the stress of not getting it "right."

When outside circumstances necessitate it, we're forced to become more creative and efficient with our time. We adapt to the new situation and, over time, it becomes the norm. That doesn't mean we'll suddenly be able to do 100 things at once. In fact, concentrating on a single task is arguably the most efficient way to work.

The key is setting 1-3 key priorities and counting on surprises. By valuing curiosity and adaptiveness, we set ourselves up for success and satisfaction. It's only when we tell ourselves that it's unacceptable to adapt that we feel stifled by variation.

Source: [Journal of Social Research and Policy](#)



ALL HAIL PANTRY STAPLES

Whatever-You-Want Soup

INGREDIENTS:

- 4 tbsp butter, olive oil, or neutral tasting oil
- 2 medium onions, diced
- 3 cloves garlic, sliced
- Kosher salt
- 6-8 cups meat, vegetables, or other add ins
- About 1 ½ lbs raw, boneless chicken (optional)
- About 8 cups water or chicken stock

INSTRUCTIONS:

- Set a large pot over medium heat and add butter or oil. When hot, add onions, garlic, and a pinch of salt.
- Reduce heat and cook until onions are tender.
- Place the meat, vegetables and other add ins (and the raw chicken, if using) in the pot. Add enough liquid to cover, season with salt, and simmer for 20 minutes.
- If you added raw chicken, remove it from the soup when cooked, shred it, and return to the soup.
- Add more hot liquid if needed to thin the soup to desired consistency. Taste and adjust for salt.
- Serve hot. Some vegetable suggestions: celery, carrot, potato, kale, etc. Go wild and add some cooked rice or lentils to the finished product for a more robust dish.

Source: [New York Times](#)





TEAM SPOTLIGHT

Andrew Campbell

COMMUNITY & HEALTH
PROMOTION COACH

“ New Conversations

Spring is a time for new beginnings and maybe revisiting some of those “new year’s resolutions” that have fallen to the wayside as February, March, and life, forced you to reprioritize things.

Oftentimes we think of “new habits” as physical actions, like going for a run 3 times a week or taking the stairs in your building—which are great places to start—however, new times often call for new priorities. With many of us working from home in recent weeks, now is an especially relevant time to consider our interpersonal habits. How are you used to connecting with people? How do you connect with people now? What habits of connection would make you happy? There are no right answers here, only opportunities to strengthen relationships and your personal happiness.

What are some practical steps to take? Whether it be a quick phone call with a relative you have been meaning to catch up with, or a video chat with a group of close friends, set up a specific time to connect. Maybe even put that calendar event on repeat and see how that habit continues as things shift back to normal...eventually.

The Importance of Being Mission-Driven

Source: Forbes

INTRODUCTION

Whether you’re the leader of a large team or an employee in a greater organization, odds are you’ve read your company’s mission statement. Maybe you work for yourself, in which case you likely have some personal ethos for doing what you do. Regardless, the concept of stating your mission is widely recognized as a vital part of any business. But too often, these statements go underutilized. William Craig, weekly contributor at Forbes and CEO and co founder of WebFX, urges companies and individuals to make the most of mission statements. After all, if your guiding manifesto is just some document that nobody really knows about, it is not having the positive impact it could.

IT BUILDS TRUST

81% of people who work for companies with a strong mission affirm that their stakeholders trust their leadership team, whereas only 54% of people who work for companies without a strong mission say the same.

Pull all the stops when creating your mission statement. It should reflect the most essential reason for which your organization exists and what you strive to accomplish. The best mission statements never change, even when the times do.

IT PROMOTES PERFORMANCE

Mission driven employees are 54% more likely to remain at a company for 5 years and 30% more likely to become high performers than employees for whom a paycheck is their sole motivator. This is partially because mission statements that are acted upon create clarity and consensus among teams of all sizes.

IT CREATES A RIPPLE

Mission statements also help companies understand and prioritize how they can give back to their local or global community. This action, in turn, communicates to the external world a set of values that may motivate them to use your service or buy your product. This positive feedback loop makes mission driven work a win win win for your organization, your clients, and your community.

As we say at On the Goga: “Good Business is Good Business.” Mission statements are an important first step in uniting your organization’s people and priorities to maximize productivity and impact. To be clear, mission statements do nothing if they sit on the wall collecting dust. You must act on the statement both internally and externally for people to believe where you are going and how you are going to get there.



3 Ways to PLAN A HOMECATION

INTENTIONALLY RELAX

A homecation is all about full relaxing in your space, especially if you've been mixing home and work. Spend your homecation time doing things that truly relax you, like reserving an entire night for a Lord of the Rings movie marathon, or taking an online dance class with your partner.

PAUSE THE CHORES

In fact, we recommend doing a little extra tidying leading up to your homecation so that you can feel like you're arriving in a space that's truly curated for happiness and relaxation.

CREATE SOMETHING

You know that book/podcast/art project/random hobby that you have been wanting to try, but never seem to find time? Homecations are a perfect time to allow yourself to create something awesome. Even if it's just creating some peace and quiet.



How To:

LIMIT THE VIRTUAL OVERLOAD

SILENCE

The first, and easiest, step is to silence non-essential notifications on your phone. That likely includes work email if you're at your computer all day anyway.

DELETE

Next up consider: what does this app add to my life? If the answer is "nothing good," delete the app from your phone, or suspend your account entirely. You might compulsively tap the screen where, say, Instagram used to be, but that habit will die eventually.

LIMIT

There are built in tools and 3rd party apps that allow you to set time limits on certain apps and websites. Consider how much time you want to be glued to your screen and adjust accordingly.



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

What's the Best Way to Keep Yourself Accountable When Working Out?

Matt Ballard, Philadelphia, PA

At the end of the day, we prioritize the things we want to do. If you're having trouble keeping in an exercise routine, begin by taking a step back and understanding your larger goal or motivation. Maybe it's being able to keep up with your kids, or to feel more confident. Another mental trick for sparking motivation is to reframe the idea of 'exercise.' Many of us have negative associations with the idea of **NEEDING** to work out. It sounds simple, but try thinking about "movement" rather than "working out" and you will find that you actually move a lot already (walking or biking, taking the dog out, playing with kids). Remember: you don't need hour long cycling classes to be healthy. Focus on how movement makes you feel good and you will naturally incorporate more into your daily life.

