



WORK WELL UPDATE

A Peek Inside

MIND

Shift your perspective by reaching out to others

BODY

Healthy sleep schedules while working from home

FOOD

A simple, scrumptious, summer pasta dish

RESEARCH

How our brains are tricking us out of happiness

MYTHS DEBUNKED

Why every generation needs the same level of empathy

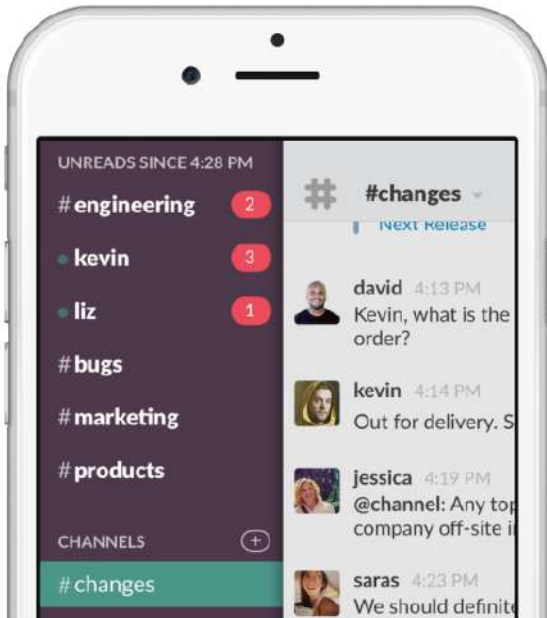
June:

SOMETHING OLD, SOMETHING NEW

Ah, “the new normal.” The world’s new favorite phrase. But let’s not forget that change has always been happening. While the ground beneath our feet might feel especially unsteady nowadays, change is constant, and when we meet it, we have two choices: resist or embrace it. No matter the gravity of “new normal” we might be experiencing, change forces us to reevaluate our expectations. You can allow yourself to grieve your previous expectations and simultaneously embrace new opportunities. This month we’ve pulled together some content to help put things in perspective and ease the presence of change.

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

SLACK

Simple and efficient communication is always important, but in this remote world, there's never been a better time to incorporate the Slack app into your work life. Through group and 1:1 chats, Slack allows you to engage in conversations ranging from project updates to weekend planning.

You can share to do lists, ask questions of your boss, or pass along a GIF you like, looping in everyone who needs to be a part of the conversation. Especially when we need to consciously reach out to and beyond our work from home universes, we could all benefit from some Slack in our lives.

Free, Standard, and Plus Plans Available

office holidays

THE OFFICIAL JUNE LIST

5th: National Donut Day

14th: World Blood Donor Day

20th: First Day of Summer

21st: Father's Day

21st: International Yoga Day

30th: National Postal Worker Day



wellness in 2

GET A FRESH PERSPECTIVE

Especially when we are physically isolated, it can be easy to get stuck in our own heads. This month, try a simple 2 minute wellness tip to help you gain perspective on your situation: reach out to someone from a different generation, industry, or culture.

By talking with someone with a different perspective, we gain gain insight on our own situation. It helps to notice that we all deal with the similar struggles, challenges, and fears. And by definition, an outsider will see things from a different perspective, which will be both humbling, reassuring, and maybe exactly what you need to move forward.

Source: Psychology Today



THIS MONTH'S health myth debunked

Myth: We Need Special Training for Older Workers

FACT:

There is a common misconception when managing or navigating the changes of the remote workplace with a multi-generational workforce: we need drastically different strategies to retain and re-train each generation. Apart from their generation, each person is unique, so the best management is the same for all people. Focus on the people rather than their generational groups, and you'll find great success in retention and job satisfaction. A few strategies:

Identify preferred management style

Understanding your team's unique preferences is crucial for productivity, retention and overall job satisfaction. While there might be generational perspectives, lifting preconceived notions and asking people directly for their input is invaluable.

Use coaching to help employees grow

Research from PayScale shows that providing learning and development opportunities significantly reduces turnover. Personal coaching is an effective way to tackle this.

Stretch goals

Workforce managers can work with each employee to set goals. It's important to keep in mind that each individual will approach a goal differently and will require unique support.

[Source](#)



FROM THE GARDEN

Skillet Pasta with Summer Squash, Ricotta, and Basil

INGREDIENTS:

- 1 lb pasta (penne or rigatoni work well)
- 2 tbsp extra virgin olive oil
- 1 sweet onion, thinly sliced
- 3 garlic cloves, minced
- 2 summer squash, thinly sliced
- 1½ cups halved yellow cherry tomatoes
- Salt and freshly ground black pepper
- ½ cup finely grated Pecorino Romano
- 1 cup ricotta cheese
- ¼ cup chopped fresh basil

INSTRUCTIONS:

- Cook pasta according to the instructions on the package.
- Drain pasta and set aside. Reserve ¼ cup of pasta water.
- In the same skillet, heat olive oil over medium heat.
- Add onion and garlic, sauté until tender and fragrant.
- Add squash and tomatoes and sauté with salt and pepper.
- Add reserved pasta water to the mixture and toss well to coat, then add the pasta and stir.
- Sprinkle in Pecorino Romano and a dollop Ricotta.
- Garnish with basil. Serve immediately.

[Source: Pure Wow](#)





TEAM SPOTLIGHT

Tina Roach

OPERATIONS SPECIALIST

“ COPING WITH CHANGE

To echo our introduction, change is constant. Here are a few ways I've recently reprioritized my expectations and activities amidst the challenge of always-at-home life:

Modifying Habits

I typically practice French with an audio track while commuting. Since I'm no longer commuting to work, I now practice while I enjoy my morning coffee.

Slowing Down

I love running, but I've recently been enjoying walking. A simple walk around my block or through the paths I typically run has been eye opening and cathartic. Instead of stomping through paths, I actually notice the ground texture, the temperature change, and the colors of surrounding flowers. I appreciate my neighbors and my ability to move even more.

Food, Food, Food:

I'll admit, some days are boxed macaroni and cheese days, but generally, cooking has been a wonderful activity to revisit. Getting creative in the kitchen has been a fun way to connect with my family and experiment with food in different ways. We dedicate at least two nights a week to make a new recipe or revisit an all-time favorite.

Why We Don't Need to Panic About the Future

WE'RE NOT FORTUNE TELLERS

In his TED Talk "The Surprising Science of Happiness," Harvard Psychologist Dan Gilbert explains that the human brain has the incredible ability to simulate experiences before they happen. We can imagine eating a delicious meal or dread an upcoming meeting. We project emotions and past experiences onto future events and convince ourselves that we know what our future will bring, and what we want.

While this is a helpful estimation tool, it's far from accurate because of something called the Impact Bias. As Gilbert puts it, experiences have "far less impact, less intensity and much less duration than people expect them to have." Basically, we overestimate the impact of future events on our lives, and (maybe especially) or happiness.

THE RESEARCH

The poster child study for this effect was conducted in 1978 with two groups: paraplegics and lottery winners. The study found that one year after losing their legs or winning the lottery, lottery winners and paraplegics are equally happy with their lives. This should come as a huge shock to most of us, but it's true! In fact, the research shows that, with a few exceptions, if an event happened over three months ago, it has no impact on your happiness.

In their own research studies, Gilbert's team asked subjects to rank various items, like photographs, in order of most liked to least liked. After they were ranked, the participants got to take one photograph home that they ranked in the middle (3 of 5). Later, participants were asked to re-rank the same photos.

What happened? People's appreciation for the photo they took home increased and they ranked it higher across the board. In other words, they created their own happiness based on what they had. What does this tell us?

NATURAL HAPPINESS VS. SYNTHESIZED HAPPINESS

"Natural" happiness is the feeling we have when we get something we want. We get the promotion, and we are happy when we do. This happiness is, for many of us, the gold standard. We seek it out, and we think anything less won't bring us happiness at all.

And yet, the human brain is also capable of something Gilbert calls "synthesized" happiness—the feeling that comes when we make the best of what we have. The brain works to synthesize happiness as soon as things don't go the way we want them too. And as much as we don't want to believe it, synthetic happiness is just as potent as natural happiness to the brain.

OUR BRAINS WILL CREATE HAPPINESS IN THE FUTURE

Right now, many of us are feeling dread about the future. The things we want, and maybe have wanted for some time, are at risk. Our brains naturally fear the loss of our perceived "natural happiness." But the future isn't as bleak as your brain might be predicting. In fact the research suggests that our brains are already hard at work re-adjusting expectations and synthesizing happiness based on our new circumstances.

Watch Gilbert's TED Talk [HERE](#)



3 Interesting Shows

WORTHY OF A WEEKEND MARATHON



"EASY"

Live vicariously through the lives of many couples as they navigate dating, marriage, and happiness in the age of technology. Available on Netflix.

"MIND FIELD"

Michael Stevens conducts episodic experiments to explore the depths of the human mind and experience. Available on YouTube.

"SHERLOCK"

Strengthen cognitive and deductive reasoning skills alongside mastermind crime-solver Sherlock Holmes. At ~80 minutes, each episode is basically a movie, so you might be able to stretch this show over a few weekend binges! Available on Netflix.

DIY: ERGONOMIC HOME WORKSTATION

EYE-LEVEL SCREENS

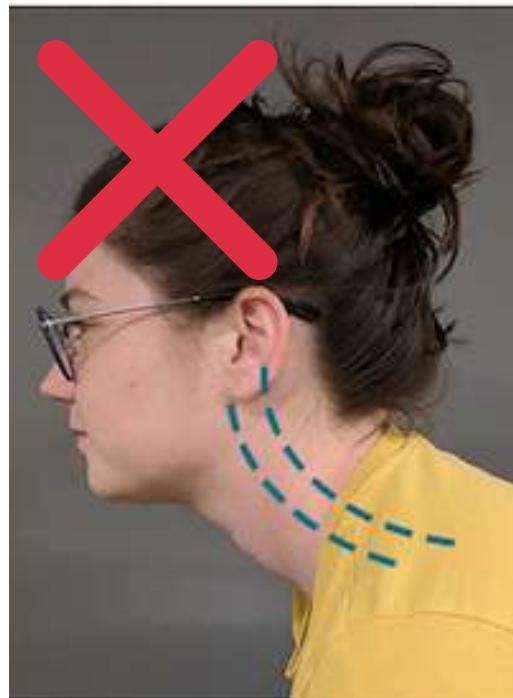
An important element of an ergonomic workstation is having your screen at eye-level. You can try placing a small side table securely on top of your existing desk or using books (like dictionaries) to raise the surface.

KEYBOARD POSITIONING

Your keyboard should sit lower than your screen in a place that allows your arms to rest at a comfortable 90 degree angle while typing. If you have a laptop, consider a bluetooth keyboard! Again, you can use books, yoga blocks, or even old package boxes to elevate the surface.

CREATE MOVEMENT

Remember, one of the most important parts of proper ergonomics while working is to create consistent movement. If you have a laptop, consider working standing for an hour or so while you place the laptop on the counter or dresser. If not, try taking your phone meetings while walking around your room, or even around the block!



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

How do I train my body to wake up early when working from home?

Molly Carter, Manayunk, PA

First of all, it is completely okay and normal if getting out of bed early feels more difficult these days. With everything going on in the world, our energy levels may be impacted by stress. That being said, our bodies are very adaptable. Research confirms that, with a little effort, we can shift our sleep schedules. While it may sound trite, the first step is to set an alarm. But don't just set the alarm for when you want to wake up, set it for when you want to go to bed! Setting a consistent bedtime, even if you are simply resting in bed, is hugely important for sleep quality and morning energy. When your alarm goes off in the morning, get up right away, don't hit the snooze, since it can trigger drowsiness or "sleep inertia." And finally, plan a morning activity that you look forward to, whether that's a morning walk or simply a morning cup of coffee.

