

Moda Wellbeing Newsletter



Welcome to Moda Wellbeing, a newsletter designed to share seasonal recipes, resources, and tips to build happier, healthier workplaces.

Mindful Moment Self-Compassion

Take a moment to reflect on the following two questions:

- How do you respond to a friend who's experiencing a difficult time?
- If your pet is acting quiet, sluggish and ill, what is your response?

Now think back to a recent time when you didn't quite meet your expectation for yourself- maybe you slept through your alarm, didn't cross an item off your to-do list, or missed a physical activity session because you weren't feeling well. Did you show yourself the same compassion that you showed your friend and/or your pet? Probably not, despite [research's](#) findings of the benefits of self-compassion.

*"Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, **self-compassion** means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?" - Kristin Neff*

We often develop negative patterns of self-talk at an early age, so developing a mindset of self-compassion requires practice. Looking for a good place to start? Take [this](#) self-compassion quiz to assess your areas of self-compassion that might benefit from a bit of attention. Next, explore [these](#) guided practices, [exercises](#), and tips for practicing self-compassion.

Additional Resources: WW provides insight into the importance of self-compassion [here](#). Enroll in WW today at no cost to you at WW.com/OEBB.



Better Bites White Bean Soup with Kale

Looking for a delicious fall recipe.... Here is a simple, comforting, and healthy soup recipe that supports brain health and will be a hit in your family.

Ingredients

- 2 tablespoons extra virgin olive oil
- 1/2 cup yellow onion diced
- 2 cloves garlic minced
- 1 1/2 cups celery diced
- 1 1/2 cups carrots diced
- 5 cups vegetable or chicken broth
- 3 15-oz cans white beans such as Great Northern beans or cannellini beans
- 2 cups kale stems removed, leaves chopped
- 2 cups baby spinach
- 1/4 cup parsley chopped
- Kosher salt
- Freshly ground black pepper

Instructions

1. Heat the olive oil over medium-low heat in a large pot. Add the onion and garlic and let it cook, stirring occasionally, until the onions are translucent, about 5 minutes.
2. Stir in the celery and carrots, and cook for another 3-5 minutes.
3. Add the broth and bring to a boil. Rinse and drain the beans well. Stir into the soup, lower the heat to a simmer, and let it continue cooking until the carrots and celery are tender. Using an immersion blender, wooden spoon or potato masher, mash some of the beans - this will make the soup thicker and creamier.
4. Drop in the kale and adjust the seasoning with salt and pepper. Let it bubble for about another 5 minutes, then stir in the spinach and about a tablespoon of the parsley.
5. Serve immediately with a drizzle of olive oil and more parsley sprinkled on top, and croutons, if you like!

Makes 4-5 servings.

Recipe and image from [Kitchen Confidante](#).



Let's Learn! Resource Spotlight



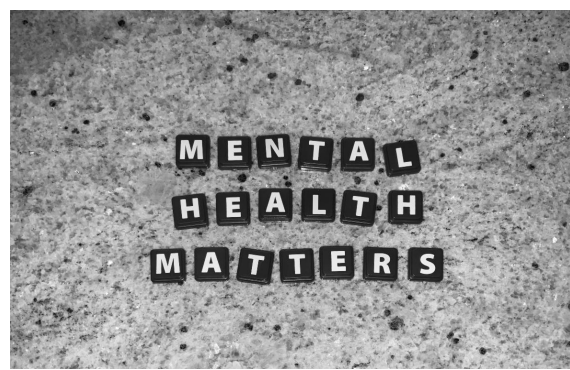
Moda Health Monthly Mini Challenges

Mini challenges are a great way to encourage a healthier way of living. They're designed to create lasting change through small, simple steps, while also providing a fun activity that fosters friendly competition, team building, and a supportive workplace culture.

Check out Moda Health's mini challenges for September and October:

- **Sleep Right, Sleep Tight Challenge:** For this challenge, track your sleep behavior progress by marking off the the behavior you complete each night to improve your overall sleep. Click [here](#) to download the mini challenge.
- **Daily Mindfulness Challenge:** In this three week challenge, begin implementing the suggested mindfulness practices into your week. Start with three days a week, then progress to five days in week two, and finally seven days in week three. Click [here](#) to download the mini challenge.

Additional Resources: Health Coaching ([Moda Health](#)), 12 Months of Better: Cold & Flu Awareness ([Moda Health](#))



988 Hotline

This past July the existing 10-digit National Suicide Prevention Line transitioned to a three digit dialing code, 988 and is active across the United States. This code is now known as 988 Suicide & Crisis Lifeline.

The main goal of the new number is to make it easier for someone in a mental crisis to get connected with trained support. This new existing lifeline will not put anyone on hold, and you will not receive a busy signal.

Individuals can call, text, or chat 988, they will be in touch with trained counselors. The trained counselors will listen, provide support, and connect individuals with necessary resources. 988 is available 24/7 for crisis care and supports people experiencing suicidal behaviors, substance use, mental crisis, and other emotional distress. Recent data has shown that about 90% of people who call get what they need and the remaining 10% of callers may need additional support or in-person care in which the trained counselors are able to connect those individuals with the support they need.

Whether you are calling for yourself or someone you know, help is available 24/7. Just call, text, or chat 988 to be connected to a trained counselor.

Additional Resource: [988 Suicide & Crisis Lifeline | SAMHSA](#)

Community Connections - Acts of Kindness



An act of kindness is an action with the intention to positively affect another person ([Berkeley Well-Being Institute](#)). Interestingly enough, acts of kindness not only affect the recipient, but the giver as well! Providing acts of kindness increases happiness by increasing serotonin and dopamine that make us feel good, and decreases our stress hormone, cortisol. Acts of kindness also increase our sense of connection with others and help us recognize our personal value. Research has found random acts of kindness affect our physical health by impacting heart health and increasing longevity ([Very Well Mind](#)). Below are some free or low-cost ideas to provide acts of kindness.

- Write a thoughtful note to a friend or family member
- Help a neighbor by mowing their lawn or offering to babysit
- Volunteer at your favorite charity
- Leave a positive review for a small business you visited recently
- Give a compliment

Additional resources: [Moda Health Mental Health Resources](#), [Kindness.org](#)