

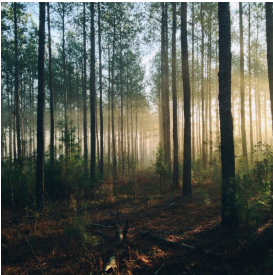
Moda Wellbeing Newsletter



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

Mindful Movement Plunging into Forest Bathing

We all know how good being in nature can make us feel. The sounds of the forest, the scent of the trees, various colors of foliage, fresh, clean air — these things ease our stress and worry, help us to relax and to think more clearly. Connecting with nature can restore our mood, give us back our energy and vitality, and rejuvenate us.



Tuning in all our senses (e.g. sight, smell, hearing, touch) to our natural surroundings is called "forest bathing." Forest bathing originated in Japan, where the practice is called shinrin-yoku. Forest bathing is a bit like the term "sun bathing," the idea is that we "bathe" in the atmosphere of the forest by noticing our surroundings, deeply engaging our senses. There is no destination or goal other than to notice and appreciate nature.

When it comes to finding calm and relaxation, there is no one-size-fits-all solution. It's important to find a place that suits you, one where you feel a strong sense of connectedness. If you've been in a frantic state of mind for an extended period, know that this practice might be mentally or physically challenging for you. Not challenging in the sense of inducing a state of exhaustion, but rather challenging to slow down and give yourself a break, a mental reset. It's important to allow yourself the grace to unplug for a while and fully submerge yourself in the bath. So, what are you waiting for? Take the plunge!

Resources: [What is Forest Bathing](#) & [Benefits of Forest Bathing](#)

Better Bites Foil Packet Meals

One of the hardest parts of camping is having to prepare food while out in the wilderness. When you're short on cooking supplies and there aren't many facilities available, foil packet dinners are a fantastic choice. Toss some things in a foil packet and grill for a few minutes. It's really simple!



Foil packet cooking involves wrapping food in aluminum foil. The foil "packet" is cooked over campfire coals, on a grill, or in an oven. Sealing in moisture in the packet helps steam and cook your meal. Heavy-duty foil is your best friend here. Lighter weight foil might rip, and you'll have a better chance of losing your meal to the fire. No one wants that to happen!

Camp kitchen accessories you'll need:

- knife
- lighter
- fork for eating
- cutting board
- heavy duty aluminum foil
- metal tongs (or fire gloves)
- yummy seasonings

Popular foil packet meal ideas:

- [Make ahead breakfast burritos](#)
- [Nachos](#)
- [Philly Cheesesteaks](#)
- [Surf and Turf](#)
- [Sausage and veggie hash](#)
- [Apple crisp](#)

For more ideas check out: [Outside Nomad](#) and [Delish](#)

Let's Learn! Resource Spotlights: [Living Well with Type 2 Diabetes](#)



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 July and August:

- **Eat the Rainbow Challenge:** Did you know that vibrant color in food is a sign of a healthy meal or snack? That's because the bright natural colors in fruits and vegetables represent protective immune-supportive nutrients. For this challenge spend two weeks tracking the number of servings you eat of each color. Click [here](#) to access the challenge. Interested in learning more about the various colors and nutritional value, head [here](#) for more information.
- **10-day Water Challenge:** What nutrient can boost skin health, help deliver oxygen to your body, and improves your focus and brain function? The answer makes up 60% of our body — WATER! The benefits that come from water are endless, which is why drinking enough water daily is so important. [Check out](#) this mini challenge to track our water intake!

Additional Resources: Health Coaching ([Moda Health](#))

Outdoor Adventure Checklist!

The summer is all about getting outdoors and enjoying the weather! When we head out on those adventures, whether big or small, we must be prepared! Before you head out be sure you have the essentials (and maybe more!) depending on your exact adventure.

- Water, lots!!
- Calorie-dense snacks (protein bars, [energy bites](#), [DIY trail mix](#))
- Sunscreen, bug spray
- Basic first aid kit
 - band aids
 - ointment packets
 - antiseptic wipes
 - compress dressings
 - tweezers
 - gauze pads
 - nonlatex gloves
 - hydrocortisone packets
 - Tylenol
- Flashlight (+extra batteries)
- Fire starter
- Multi-purpose tool
- Hand Sanitizer
- Maps of area you plan to explore

Additional Resources: [How to Build a Hiker's First Aid Kit](#), [American Red Cross](#)

Community Connections "Where Community Grows"



Since 1985, communities in the United States have been celebrating Park and Recreation Month in July. The celebration recognizes more than 160,000 full time park and recreation professionals along with seasonal workers and volunteers that help maintain and care for local, state, and community parks. It's also a great time to build resilient and strong communities and focus on being together.

The theme this year, "Where Community Grows" focuses on celebrating all the professionals that play a role in bringing people together, providing services, and fostering the growth of each individual community.

Get out the month of July and celebrate and show gratitude to all those keeping our park and recreation locations vibrant, clean, and serviced!

Looking to explore a new National Park or return to your favorite spots? All **National Park Service sites** that charge an entrance fee will offer **free admission** to everyone on **August 4th** - get out and enjoy!