

Moda Wellbeing Newsletter



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

Mindful Moment - Let's Get Outside!

The average American spends 90% of their life indoors (EPA) and about 10 hours daily looking at a screen (APA). It's not surprising we are spending less and less time outside with an increased dependence on technology. There is a term used to describe the effects of being isolated from nature: nature-deficit disorder. These effects include increased rates of physical and emotional illness, attention difficulties, obesity, vitamin D deficiencies, and others (Greater Good).



There is growing evidence that nature benefits our physical and psychological health. Spending time outside in nature is associated with benefiting our cognition, increase in happiness, sense of purpose, and a decrease in mental distress. Acquiring a connection to nature, even if not immersed in nature, can contribute to happiness (APA).

Because of these important benefits, it's essential to take advantage of green areas (parks and forests) or blue areas (ocean and rivers) when and where we can. Don't feel pressure to spend hours getting to nature if you don't have the time. A walk around an urban park or sitting beneath trees can produce benefits. This is your cue to get outside!

When spending more time outside, make sure to protect your skin! See these skin protection resources: [Sun Safety - The CDC](#); [Skin Cancer Prevention - Skin Cancer Foundation](#)

Better Bites Strawberry Beet Salad

Enjoy this strawberry beet salad at your next BBQ or potluck this summer! Beets have a unique dark purple color that provide different antioxidants, vitamins and minerals than produce of other colors. Beets also contain fiber and anti-inflammatory properties (Cleveland Clinic). Tip - If you are short on time and unable to roast and peel the beets, look for canned or pre-cooked beets without added ingredients.



Ingredients

- 3 cups chilled roasted or cooked red and/or orange beets, cubed
- 1/4 cup orange juice
- 2 tablespoon of olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 6 cups of fresh arugula
- 2 cups of quartered strawberries
- 1 ounce of goat cheese, crumbled
- 1/4 cup sliced almonds, toasted

Instructions

1. Place beets in a medium bowl. For dressing, combine orange juice, olive oil, salt and pepper. Pour dressing over beets.
2. Line serving platter with arugula. Pour beet-dressing mixture over arugula and toss.
3. Top with strawberries, goat cheese, and almonds.

Makes 6-3/4 cup servings.

Recipe and image from [Eating Well](#).

Additional Resources: [MyPlate Kitchen](#); [CDC - Healthy Eating Tips](#)

Let's Learn! Resource Spotlight



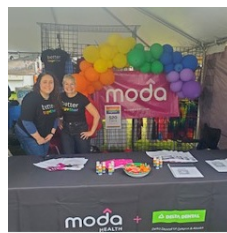
Moda Health Monthly Mini Challenges

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 July and August:

- **Eat the Rainbow Challenge:** For this challenge, track the number of fruit and vegetable servings of each color in the chart provided. Use it as a guide to build your plate and eat the rainbow! Click [here](#) to download the mini challenge and click [here](#) to download a helpful food list of the different colors.
- **10 Day Water Challenge:** In this 10-day challenge, the goal is to drink at least 64 ounces (or eight 8-oz. glasses) of water daily. Use the step tracker to record your steps each day. Use the chart to track your water intake. Click [here](#) to download the mini challenge.

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



Moda Health at the Portland Pride Festival!

Moda participated in the celebration and recognition of Pride Month at the [Portland Pride Festival](#) this year. Below is a quote from Moda's LGBTQIA+ Employee Resource Group leader, Deidre Humphrey, commemorating on the event:

"Moda volunteers braved the soggy conditions downtown last weekend to bring out the rainbows for the Moda booth at Portland PRIDE. Passersby were encouraged to pick up sunscreen, learn about Moda covered services such as gender confirmation, and purchase a Moda Pride 'better together' T shirt. Thanks to all our amazing volunteers!"

Profits from t-shirt sales were donated to the [Cascade Aids Project](#).

Pride Month is observed each June in the United States in commemoration of the Stonewall Uprising. The month is also a time to recognize the contributions of LGBTQIA+ Americans and raise awareness about efforts for equal justice and equal opportunity for the LGBTQIA+ community. The Stonewall Uprising took place in June 1969 when the mostly black and brown gender diverse patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution to which LGBTQ Americans were commonly subjected. This event was a turning point in the movement to outlaw discriminatory laws and practices against LGBTQIA+ Americans.

Community Connections - "Staycation"



Staycation, here we come !! There are several opportunities to transform your local community into a "staycation". From concerts, farmers markets, hiking and walking trails, libraries.... the list goes on! Take advantage of the free events, activities, and resources available in your community this summer. Below you'll find links and tips to help you fill up that summer calendar for all ages!

- [Farmers Market Locator](#)
- [Free Summer Meal Finder](#)
- [Free Lunch and Play](#) (Portland Specific)
- [Walking Trails](#) (Hiking, Walking, Jogging)
- [100 Free Summer Activities for Kids, Adults and Everyone In Between](#)
- **Concerts:**
 - [Summer Free for All](#) (Portland Specific)
 - [Summer Concert Series](#) (Vancouver)
 - [Munch and Music](#) (Bend)
 - [Sounds of Summer](#) (Salem)
 - [Summer Music and Movies](#) (Southern OR)

Other ideas: camping in the backyard, picnics, playdates, library events, first/last Friday fairs, local zoo and museum visits