

Moda Wellbeing Newsletter



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

Mindful Moment - Strategies to Support Sleep

Mindfulness is quite the buzzword these days, and for good reason! It's been [shown](#) to help reduce anxiety, stress, and depression. [Research](#) also suggests mindfulness practices may improve our sleep quality and decrease awakenings throughout the night. Why? Mindfulness promotes relaxation and calms our nervous system to better prepare for sleep ([Sleep Foundation](#)). Though mindfulness practices vary and are highly individualized, the following techniques are most commonly researched as meditation pertains to sleep.

- **Guided imagery:** "In guided imagery, you intentionally think of a peaceful place or scenario. The goal is to promote a calm state through relaxation and mindfulness." Information found [here](#).
- **Progressive relaxation:** "In progressive muscle relaxation, you tense a group of muscles as you breathe in, and you relax them as you breathe out." Procedure and information found [here](#).
- **Diaphragmatic breathing:** "Diaphragmatic breathing is a type of relaxation breathing that uses the diaphragm. The diaphragm is the muscle that is below the ribs and above the stomach. In this type of breathing, the diaphragm causes the stomach, instead of the chest, to rise and fall. When the lungs fill with air, the diaphragm pushes down, and the stomach will rise (move forward). When the lungs empty the air, the diaphragm moves back up, and the stomach will fall (move back in). The result is slow, even and deep breathing." Information found [here](#).
- **Body scan:** "A meditative practice that involves mindfully scanning your body for sensations of pain, tension, or anything out of the ordinary." Information found [here](#).
- **Apps:** An interactive tool, including but not limited to: Headspace, CALM, and Insight Timer



Additional Resources: American Psychological Association([APA](#)), The Ultimate Guide to Mindfulness for Sleep ([Mindful](#)), Relaxation Exercises to Help Fall Asleep ([The Sleep Foundation](#))

Better Bites No-bake Granola Bars

Treat yourself to better sleep with these [No-bake Granola Bars](#). These bars are easily adaptable and can be packed with [sleep-promoting ingredients](#): Tart dried cherries, nuts, and oats (melatonin, magnesium, tryptophan); nuts and seeds (omega-3 fatty acids and magnesium). [More on sleep-promoting foods here!](#)

EASY NO-BAKE GRANOLA BARS

Author: [Cookie and Kate](#); Time: 20 minutes (plus 1-hour chill time); Yield: 16 bars

INGREDIENTS

- 1 1/2 cups old-fashioned oats or quick-cooking oats
- 1 teaspoon ground cinnamon
- 1/2 teaspoon fine sea salt
- 2 cups mix-ins of choice (nuts, seeds, chocolate, dried fruit)
- 1 cup creamy peanut butter or almond butter
- 1/2 cup honey or maple syrup
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Line a 9-inch square baker with parchment paper, across the bottom and along the sides (makes it easy to slice the bars later).
2. Place the oats in a large mixing bowl. Add the cinnamon and salt, and stir to combine. Set aside.
3. Blitz the mix-ins of choice briefly in a food processor or blender (alternatively, chop them by hand), adding any larger ingredients first. Pour the mix-ins into the bowl of oats.
4. In a separate bowl, combine the nut butter, honey, and vanilla extract. Mix well.
5. Pour the liquid ingredients into the dry ingredients and mix together until the two are evenly combined and no dry oats remain.
6. Transfer the mixture to the prepared square baker. Use your spoon to arrange the mixture fairly evenly in the baker, then pack the mixture down as firmly and evenly as possible.
7. Cover and refrigerate for at least one hour, or preferably overnight. (The oats need time to soak up some of the moisture so they aren't sticky.) When you're ready to slice, lift the bars out of the baker by grabbing both pieces of parchment paper on opposite corners. Use a sharp knife to slice the bars.
8. Wrap individual bars in plastic wrap or parchment paper (if you store them all together, they will stick to one another). Bars keep well for several days at room temperature, a couple of weeks in the fridge, or several months in a freezer-safe bag in the freezer for best flavor.



Did you know that drinking warm beverages can aid in falling asleep quicker? Check out this Moda Health workshop for [warm low-sugar drink ideas](#) and the [recipes here](#).

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 March and April:

- **The Financial Wellness Challenge:** For this challenge, create two goals centered around your financial wellness. Throughout the month, monitor your progress. At the end of the month, review your finances and determine the outcome of your goal. [Click here](#) to download the mini challenge.
- **The Get Active Challenge:** For this challenge, use the provided activity tracker to write down and track your aerobic and strength training activities. [Click here](#) to download the mini challenge.

Additional Resources: Care Programs([Moda Health](#)), Lifestyle Coaching ([Moda Health](#)), 12 Months of Better: Healthy Aging ([Moda Health](#))



March is National Nutrition Month!

The month of March celebrates National Nutrition Month®, an annual campaign by the Academy of Nutrition and Dietetics to share healthy eating habits. This year, the theme is *Celebrate a World of Flavors*. This theme encourages us to try new foods and recipes from cultures around the world. By embracing new foods and flavors we can increase the diversity of foods and nutrients needed for our health.

To add variety to your plate, try these tips:

- Incorporate seasonal fruits and vegetables
- Find a new recipe from a different culture ([Click here](#) to browse recipes from MyPlate Kitchen)
- Include a variety of colors
- Mix up your side dish
- Plan ahead

[Click here](#) for National Nutrition Month® resources including meal planning tips to diversify your plate, how to embrace global cultures and cuisines, or general nutrition tips including reducing food waste, healthy eating on a budget, and tips for eating more fruits and vegetables.

Additional Resources: MyPlate([USDA](#)), Food Safety([CDC](#))

Community Connections Moda's Health Coaching Program



Are you managing a chronic condition, working on healthy lifestyle changes, or just looking for some extra support on your journey to better health? Moda's Health Coaches are here to help. All Moda Health members have access to free, confidential one-on-one coaching with a qualified Moda Health health coach who provides customized guidance and support through your journey.

Why work with a Health Coach?

Health Coaching helps us draw on our strengths, set achievable action steps, and identify and overcome barriers as part of achieving the success we deserve and desire. The support and tools of Health Coaching help us take care of ourselves in an ongoing, sustainable way.

Learn more and get started by filling out [this survey](#).

Not a Moda Health member? Contact your health insurance provider for similar resources.