

Moda Wellbeing Newsletter



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

Mindful Movement Growing a green thumb

As spring approaches, we notice the daylight staying longer and temperatures starting to rise, maybe even a few flower buds peaking out here-and-there. This time of year might also signal that it's time to start getting your garden ready for a fruitful year of produce and/or flowers. If you're hoping to start a garden this year, we've consulted with a local Oregon CSA manager to compile a list of tips you might find helpful.



- If you're planting an edible garden, make a list of things you would actually eat and consider how often you would eat these things. This helps determine how much space you want to dedicate to each item in your garden.
- Consider your space- Does it get full sun? For how many hours? Will you be growing in the ground or in containers?
- If you have limited space, are there things you would like to grow and other things that you could instead buy? For example, pumpkins take up a lot of space! You might also consider vertical systems (pole beans, tomato cages, cucumbers up a trellis) if space is limited.
- Bring your garden to 2D life! Draw your garden on graph paper, each square representing a square foot. Make rows only as wide as you can reach so to not have to step around your plants. Consider height of various plants; try not to have tall things shade short things. Consider how much space is needed between each plant.
- Plan to stagger your plantings (AKA succession planting) of the same varietal so that they don't all become ripe and ready to harvest at the same time.

Find more tips [here](#) and dig into the benefits of gardening [here](#).

Better Bites Pickled Vegetables

This escabeche recipe can be used as a delicious topping or condiment for tacos, burritos, salads, and more! Or it can be consumed on its own. The ingredients can be modified to your liking by adding more spice or using other vegetables such as cauliflower or garlic cloves.



Ingredients:

- 1 small red onion, sliced thin
- 2 medium carrots, sliced thin
- 1 large jalapeno, sliced into thin rings
- ½ teaspoon ground coriander (or ¼ teaspoon of coriander seeds)
- ¼ teaspoon ground cumin (or ½ teaspoon of cumin seeds)
- 1 ½ cups apple cider vinegar
- ¾ cups water
- 2 teaspoons sugar
- ½ teaspoon salt

Instructions

1. Cut the vegetables and place them in a pint sizes mason jar (or two).
2. If using whole seeds, toast them in a small pot over medium heat until fragrant, about 2 minutes.
3. Add the vinegar, water, sugar, and salt to the pot (and ground spices if using them instead of seeds) and bring to a boil.
4. Remove the pot from the heat and pour the vinegar mixture into the jars over the vegetables. Let cool and refrigerate for 30 minutes. Keep refrigerated until used.

Yield: 2 cups

Source: [Three Olives Branch](#)

Let's Learn! Resource Spotlight



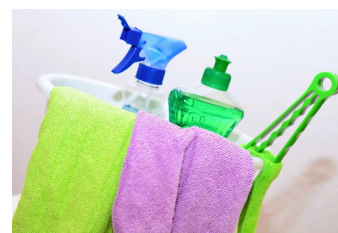
Moda Health Monthly Mini Challenges

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:

- **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 access the mini challenge.
- **Get Active Challenge:** For this two-week challenge, use the activity tracker to track your aerobic and strength training activity. Try and meet or exceed the physical activity guidelines. Click [here](#) to access the mini challenge.

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



Streamline Spring Cleaning

With springtime coming, some of us might be getting the itch to start spring cleaning! Spring cleaning and tidying our space can have beneficial effects on our brain, body, and our home! These possible health benefits from the [Cleveland Clinic](#) include feeling accomplished, restore a sense of control, reduce some home hazards, get you moving, and can fend of depression.

Now that we know decluttering has positive health benefits, how can we spring clean to prevent it from being overwhelming? Here are 6 steps from [How Stuff Works](#) and [Real Simple](#):

- Create a plan.
- Take your time.
- Break up large, complex tasks into 10-minute manageable intervals.
- Get ready and stock up on supplies beforehand. Consider nontoxic and biodegradable cleaning supplies.
- Declutter first, then clean. Less clutter will make it easier to clean. To declutter, set up three piles - keep, toss, or sell/donate.
- Ask for help! Include the other people living in your household, even children with age-appropriate tasks.

Additional Resources: [Real Simple](#), [How Stuff Works](#), [Spring Cleaning Chores for Kids by Age](#)

Community Connections International Day of Happiness



2023 marks the 10th year since the UN General Assembly proclaimed March 20th the International Day of Happiness. It is a day to globally celebrate happiness and reflect on the role this value plays in making societies around the world more inclusive and equitable (United Nations). So **why** is it important to give happiness its day in the spotlight?

- According to [Harvard Health](#), a positive outlook in life is correlated with greater longevity.
- Happiness is a strong indicator of overall health and well-being ([National Institute of Health](#)).
- It feels good, of course!

Since this day does not have any specific traditions because what brings us happiness is different each one of us, so spend the day doing what makes to happy and brings a smile to your face! Being happy is not like flipping a switch- we cannot always decide to have that mindset and simply make it so. **How** can we cultivate this feeling within ourselves *and* spread it to others? Here are some suggestions from the founders of the International Day of Happiness:

- Help others
- Meditate
- Express gratitude
- Build and strengthen meaningful relationships

What might you do this year on March 20th (and even year-round) to invite more happiness into your life? At the risk of sounding redundant, Happy International Day of Happiness!

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