

# Moda Wellbeing Newsletter

Seasonal recipes, resources and tips to build  
Happier, healthier, workplaces



## Mindset Matters

### Meals al fresco: where every bite comes with a side of vitamin D!

One of the many perks to warmer weather- meals outside! Whether it's a picnic in the park, happy hour on a patio, snacks on a boat, or simply enjoying your lunch break outdoors, the mental health benefits of eating outside are numerous. Below are just a few!

- Natural light exposure is essential for regulating your body's internal clock and mood. Sunlight stimulates the production of serotonin, a happiness neurotransmitter!
- Outdoor stimulation and a break from the monotony of indoor spaces can refresh your mind and boost your creativity, making you more productive and focused.
- Eating outside encourages mindful eating, as you are more likely to savor your food and eat at a slower pace when you are in a relaxed environment. This can lead to better digestion and a greater appreciation for your meals.
- Strengthen your social connections by sharing a meal outdoors with others. Social connections contribute to a sense of belonging and happiness, crucial for maintaining good mental health.



Where are your favorite places to enjoy nourishment outdoors? Picnic at a National Park on June 8th or 19th for [fee-free entrance](#). For outdoor picnic tips, check out [this](#) Moda Wellness Workshop! Take your outdoor foodie adventure to the next level by camping- [free entrance and camping reservations](#) for State Parks Day on the first Saturday in June! Before you head outdoors, check out our articles on [Foil Packet Meals](#) and Outdoor Adventure Checklist in [this](#) past newsletter edition.

Additional resources: [USDA Recreation Passes](#)

# Better Bites: Healthy Mexican Street Corn Salad

Mexican street corn salad is made using tasty ingredients like red bell pepper, onion, Greek yogurt and jalapeños of course! It's an easy, straight to the point recipe that will totally satisfy cravings. It makes 10 servings, so it's great for crowds!

## Ingredients:

- 4 cups corn, can be fresh or frozen (I've used canned and on the cob – if frozen, thaw first)
- 1 tbsp avocado oil
- 1/2 red bell pepper, diced
- 1/2 red onion, diced
- 1 jalapeno, deseeded and diced small
- 1/2 cup cilantro, chopped
- 1/2 cup Greek yogurt
- 1 large lime, juiced (about 3 tbsp)
- 1 tsp salt
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/3 cup crumbled cotija cheese + more for sprinkling on top

## Instructions:

- Heat a large skillet over high heat with avocado oil. Once hot, add corn in. You want to char your corn slightly so it has a roasted flavor and some brown bits. This will take about 4-6 minutes, toss occasionally.
- Pour into a large bowl and let cool.
- Prepare the rest of your veggies (peppers, onion, and cilantro) by chopping. Once chopped, add them to the bowl with the corn.
- In a small bowl, whisk together Greek yogurt, lime juice, salt, chili powder, cumin, paprika. Stir in cheese.
- Add yogurt sauce to bowl and stir to combine everything well.
- Top with more cheese and cilantro.
- Store in fridge for up to five days.

Yields 10 1/2 cup servings

Recipe and image from [Erin Lives Whole](#)



# Let's Learn! Resource spotlight

## Mindset Matters BINGO! Challenge

Our mental health is so important to our overall health and well-being. Simply put, it affects how we think, how we feel, how we manage stress, and how we connect with others.

Engaging in healthy activities and behaviors is good for our mind and emotions. The bingo card below encourages you to engage in healthy activities such as movement, nutrition, sleep, mindset, financial wellness and social health. At Moda, these are known as the six pillars of health and wellness.

**Instructions:**  
For this challenge, try to complete as many BINGOs as you can in the next four weeks. Complete five activities in a row on the Mindset Matters card below – either vertically, horizontally or diagonally – to score a BINGO!

	Challenge!				
Movement	Tried a new movement activity	Stood or walked during a meeting	Moved in a playful, unstructured way	Got at least 15 minutes of safe sun exposure	Reframed "I don't have time" to "I'm making this a priority"
Nutrition	Ate a meal without distractions/screens (tech-free meal)	Planned my meals for the week	Cooked enough to share outside of your home	Shopped local or at a farmer's market	Tried a new fruit or vegetable
Sleep	Read book before bed instead of watching TV or scrolling	Avoided caffeine or alcohol at least three hours before bed	>	Tried a new sleep hygiene tool	Maintained a consistent sleep schedule
Mindset	Practiced box breathing	Reflected on three positive things from your day	Reflected versus reacted during a stressful moment	Engaged in self-care activity	Embraced a positive affirmation for a day
Social	Reached out to someone who you haven't connected with in a while	Disconnected from social media for a day	Volunteered or helped someone or my environment.	Showed appreciation to someone or wrote a thank you letter	Joined an interest group (in-person or virtually)

**Access free health coaching**  
Eligible members can work confidentially with a health coach, available at no cost, to set sustainable health goals and move toward them in ways that work best for you. You will better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it's easy to connect from just about anywhere. For more information, contact [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com) or call 800-913-4957.

[modahealth.com](http://modahealth.com)

1680 - May 2024



## Adjusting Your Sleep for the Warmer Months

- As the seasons evolve, so do our bodies' [natural rhythm](#). The shift from winter to spring and summer brings longer days and warmer temperatures, which can impact our sleep patterns. Here are some tips for improving sleep quality in the upcoming months.
- Spending time in nature is key. [Natural light](#) exposure helps our circadian rhythms, making it easier to fall asleep at night and wake up feeling refreshed in the morning. Spending time in nature also helps reduce stress, lowers blood pressure and improves mood, all benefiting our sleep.
- For comfortable sleep on warmer nights, opt for lightweight, [breathable bedding](#), and pajamas. Materials like cotton or linen allow for better air circulation, preventing overheating and keeping you dry.
- To combat light exposure during longer days, consider using [blackout curtains](#) or a sleep mask. This can help regulate your body's natural sleep-awake cycle by signaling your brain that it's time to rest, even if it is light outside.
- In summer, our diets often include heavier foods due to social gatherings. While it's okay to indulge, [aim for foods rich in melatonin](#) and serotonin production, like seafood, nuts, dairy, leafy greens, whole grains, and pineapple. Try to eat your last meal three to four hours before bed for better digestion and sleep.

## 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, teambuilding, and a supportive workplace culture.

May is Mental Health Awareness Month, highlighting the significance of mental well-being. Our mental health influences how we think, feel, manage stress, and connect with others. Our mini challenge for the month of May is the **Mindset Matters BINGO! Challenge**. In this challenge, complete five activities in a row — either horizontally or diagonally— to score a BINGO! Join us in promoting mental health awareness and prioritizing our well-being this May!

To access the Mindset Matters BINGO! Challenge [click here](#).



# Community Connections: The Benefits of Outdoor Exercise

We're all familiar with the benefits of exercise, but did you know that there are additional [advantages to exercising outdoors](#)? Outdoor exercise has greater mood-boosting benefits than indoor exercise. [Sunshine](#) for example, increases serotonin levels, which can significantly improve mood, reduce feelings of depression and anxiety, and enhance overall mental well-being.

Engaging in outdoor physical activity not only benefits our bodies but also fosters a deeper connection with nature. Whether it's a leisurely walk in the park, a bike ride through scenic trails or a yoga session in the backyard, these activities can provide a sense of peace and rejuvenation that's hard to replicate indoors. Activities like hiking or running on trails offer the added benefit of working out on uneven surfaces, which can help improve balance, stability, and overall strength.

As you embark on your outdoor adventures, it's essential to [protect your skin from the sun](#). Be sure to apply sunscreen with a SPF of at least 30, wear a hat and sunglasses for added protection, and stay hydrated, especially in warmer weather.

Don't forget to mark your calendars for the upcoming [Heart Health Walk](#) in May and June organized by the American Heart Association. Together, let's make this spring a season of renewal and vitality!

