

Moda Wellbeing Newsletter



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

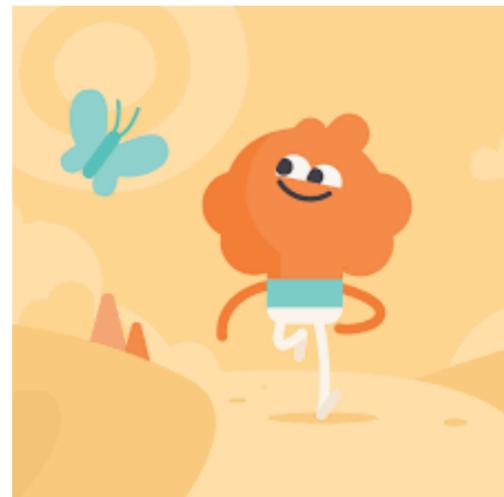
Mindful Movement Make Stretching a Habit

Meditation and stretching have a lot in common — both encourage movement and flow throughout our bodies; both achieve the best results when we are present in the moment; and both are at their most effective when they become part of our daily routine. To keep your mind and body in the best possible shape, it is important to exercise both!

Meditation and mindfulness are effective ways to help keep our minds healthy. And when it comes to our bodies, a stretching routine is a great place to start. Benefits of stretching include helping us limber up for sports or recover afterwards, improve balance, increase flexibility, and it can also help relieve joint and muscle pain. Practicing them together is how we can achieve a full mind-body workout to improve our overall health and well-being.

Click [here](#) to try a gentle, 30-minute, full-body mobility workout by Headspace, designed to help you de-stress and release tension.

Additional Resources: [Build Back Strength Balancing in Bird Dog](#) (Mayo Clinic), [Walking Meditation](#) (Headspace)



Better Bites Ikarian Longevity Stew

In some traditions, eating black-eyed peas on New Year's Day is believed to bring good fortune and prosperity. Whether for luck or for comfort, this longevity stew from the Blue Zones region of Ikaria is a nutritious, delicious, and feel-good food that's perfect for any day of the year.

Ingredients

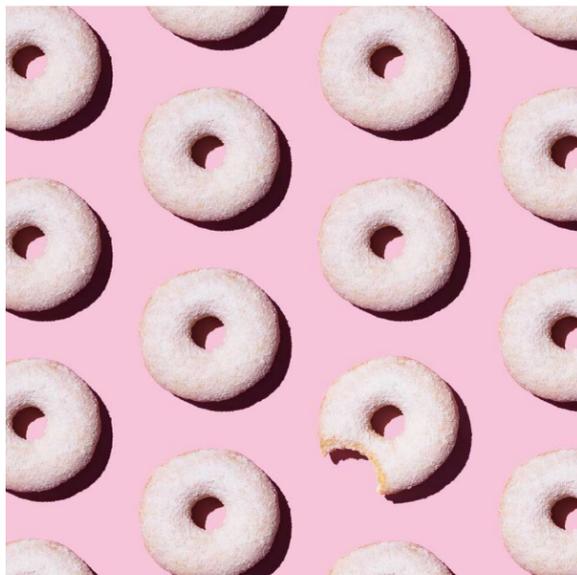
- ½ cup extra virgin olive oil
- 1 large red onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 fennel bulb
- 1 cup (8 oz.) black-eyed peas (with dried peas, bring to a boil, boil for 1 minute, remove from heat, cover and let sit for an hour. Drain, rinse, and use).
- 1 large, firm ripe tomato, finely chopped
- 2 tsp tomato paste, diluted in ¼ cup water
- 2 bay leaves
- Salt to taste
- 1 bunch dill, finely chopped

Instructions

- Heat half the olive oil over medium heat and cook the onion, garlic, and fennel bulb stirring occasionally, until soft (about 12 minutes). Add the black-eyed peas and toss to coat in the oil.
- Add the tomato, tomato paste and enough water to cover the beans by about an inch. Add the bay leaves. Bring to a boil, reduce heat and simmer until the black-eyed peas are about half way cooked. (Check after 40 minutes, but it may take over an hour).
- Add the chopped dill and season it with salt.
- Continue cooking until the black-eyed peas are tender. Remove, pour in the remaining raw olive oil and serve.



Let's Learn! Resource Spotlight



Slash Your Sugar Challenge (Eating Well)

Sugar has been described as highly addictive. It's even called a drug in some nutritional circles. But, is sugar really that bad? The truth is, everything in moderation is OK; that includes sugar! However, most people do not moderate their sugar intake.

Rather than going completely sugar free this month, [Eating Well's Slash Your Sugar Challenge](#) helps you cut down on sugar from processed foods and desserts and load up on healthier options. This month is about eating healthy and not letting your sugar intake get out of control. [Connect with a Moda Health Coach](#) for support.

Additional Resources: [Easy Sugar Swaps Infographic](#) (American Heart Association), [Sugar: Hiding in Plain Sight](#) (TED-Ed)



Getting Started with Gratitude Journaling (Happify)

Keeping a gratitude journal has been shown to improve our mood and increase our happiness. And while the concept of writing down things that make us feel grateful is simple enough, we often find it difficult making it a regular habit.

In [this video](#), journaling expert Matt Ragland provides simple tips to help you get started using a simple bullet journal or pocket journal. Even writing just one line about gratitude a day can net benefits, such as increasing understanding and empathy, and enriching relationships with others—all incredibly important during these times.

Additional Resources: [5 Reasons Keeping a Gratitude Journal Will Change Your Life](#) (Happify), [Gratitude Journal](#) (Greater Good)

Community Connections Dental Tools



A trip to the dentist shouldn't just happen when there is a problem. Regular dental visits are important to help prevent or detect gum disease, dental decay, and even some cancers.

Dental Tools puts great dental care at your fingertips and makes it possible for you to:

- See an overview of your personal benefits.
- Ask a dental professional a question.
- Get a virtual checkup.
- Schedule a video appointment.
- Find out your risk for cavities.
- Get dental cost estimates for over 32 dental procedures, based on your specific provider and network.

To use Dental Tools, log in to your [Member Dashboard](#) and select the *Dental Tools* tab.

Bonus: Click [here](#) to read about the connection between heart health and oral health.