

## Moda Wellbeing Newsletter



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

### Mindful Moment Train Your Brain

The brain is the most complex organ of the body. It regulates multiple bodily functions, interprets incoming sensory information, and processes our emotions. It is also the seat of memory, intelligence, and creativity. Although the brain gets plenty of exercise every day, certain activities can engage the brain in new ways, potentially leading to improvements in memory, cognitive function, or creativity. This, in turn, may help protect the brain from age-related degeneration.

People are likely to differ in terms of the brain exercises they find most enjoyable, so it may be beneficial to try a range of brain-training activities, such as [meditating](#), completing jigsaw [puzzles](#), practicing [sudoku](#), and learning a [new skill](#).

Click [here](#) to read more from Medical News Today.

Additional Resources: 9 Great Brain Games and Brain Training Websites ([Verywell Mind](#)), Meditation's Impact on the Brain ([Headspace](#)), Total Brain ([OEBB](#))



### Better Bites Almond, Blueberry, and Banana Smoothie

You can do crosswords and sudoku puzzles until your hand hurts, but all that brain-busting work will go to waste if you don't fuel your thinker with the right nutrients. When you eat for your brain, you will think more clearly and efficiently. This recipe is packed with foods that help boost blood flow, stabilize blood sugar, and neutralize free-radical damage—all important for optimal brain health. Blueberries are packed with antioxidants that protect brain cells from free-radical damage. Mineral-rich raw honey and iron-packed kale round out the brain-boosting power of this smoothie.

#### Ingredients

- 1½ cups plain, unsweetened almond milk
- 1 medium banana, frozen
- 1 cup blueberries, fresh or frozen
- 1 cup chopped kale
- 5 unsalted whole almonds
- 2 tsp honey

#### Instructions

- Combine all ingredients in a blender. Puree until smooth, about 1 to 2 minutes.

Recipe by [Prevention](#).

Additional Resources: Don't Walk By, Foods to Try ([Moda Health](#))



### Let's Learn! Resource Spotlight



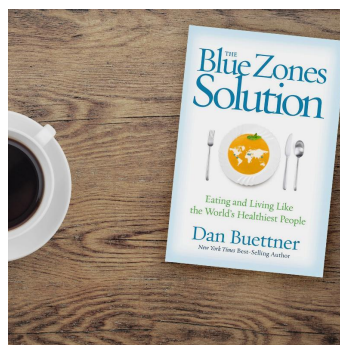
#### Engage the Senses: Mindful Eating ([Headspace](#))

When was the last time you truly paid attention to what you were eating—when you truly savored the experience of food? Often, we eat on autopilot, chowing down a meal while our attention is on the TV or the screen of our devices or a book or a daydream.

Mindful eating places awareness on the menu, whenever and wherever we eat. As well as making us watchful about what we eat, it aims to transform our relationship with food by focusing on the how and why of eating, encouraging a more holistic point of view. Ultimately, this means we have a better chance of understanding what foods nourish us and what foods help us stay healthy while also encouraging a deeper appreciation of every meal, every mouthful, and every ingredient. Click [here](#) to try a mini meditation on experiencing your food.

Click [here](#) to read more about mindful eating.

Additional Resources: How the Food You Eat Affects Your Brain ([TED-Ed](#)), How Mindful Eating Improves Your Relationship with Food ([Headspace](#))



#### 9 Things You Can Do to Live a Long, Happy Life ([Happify](#))

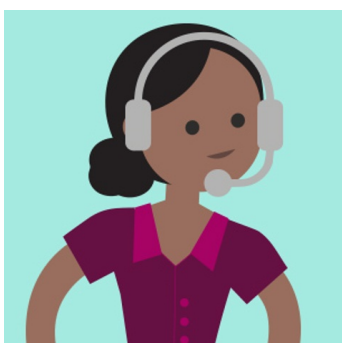
If you care about aging well, look no further than Dan Buettner. For more than a decade, Buettner has been traveling the world in search of the world's longevity hot spots—the places where people live and thrive into their 100s. He identified five areas where people live long and well: Okinawa, Japan; Sardinia, Italy; Cost Rica's Nicoya Peninsula; Ikaria, Greece; and Loma Linda, California. Buettner calls them **Blue Zones**.

What enables people in the Blue Zones to live so long and so well? Buettner worked with a team of experts including medical researchers, anthropologists, and epidemiologists, to identify the factors that contribute to their longevity. It wasn't just that these long-lived populations won the genetic lottery, lifestyle factors mattered a great deal too.

Click [here](#) to read more about the nine lifestyle habits Buettner and his team observed in all five Blue Zones.

Additional Resources: Healthy Aging ([Moda Health](#)), Most-Loved Blue Zones Recipes & Snacks in 2020 ([Blue Zones](#)), 99-Year-Old on Power of Optimism ([Happify](#))

### Community Connections Health Coaching



Moda Health offers free health coaching to all its medical members, and since the pandemic hit, increased telephonic sessions with members from six sessions to 12.

Stephanie Lossinsky is a Moda Health Coach who focuses on nutrition. Believing food is medicine, she educates members with different health conditions about food choices to support their healthy journey. One of the things she's seeing is a change in people's regular routines, and how that can lead to stress and anxiety.

"It's interesting when the things we take for granted like shopping and working out at the gym are taken away from us," she said. "I've seen a lot of shopping habits change during this pandemic. People are paying more attention to grocery shopping because they don't want to go out as often."

Click [here](#) to read more about health coaching in a pandemic.