

Moda Wellbeing Newsletter



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

Mindful Moment Mindset Matters Bingo Challenge

In honor of Mental Health Awareness Month, Moda Health created the *Mindset Matters* Bingo Card challenge, based on our [Pillars of Health & Wellness](#). The challenge encourages engagement in activities that prioritize mental well-being, including movement, nutrition, sleep, social, and even financial health. Remember, you are important, and it's important to take time for self-care.

Click [here](#) to download the *Mindset Matters* Bingo Card.

[Movement Pillar Health Tip](#)

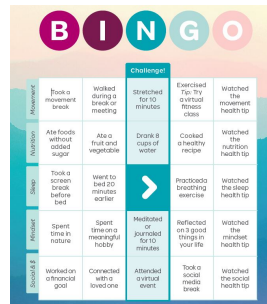
[Nutrition Pillar Health Tip](#)

[Sleep Pillar Health Tip](#)

[Mindset Pillar Health Tip](#)

[Social Pillar Health Tip](#)

Additional Resources: Mental Health Awareness Month ([OEBB](#))



Better Bites Baked Mustard-Crusted Salmon

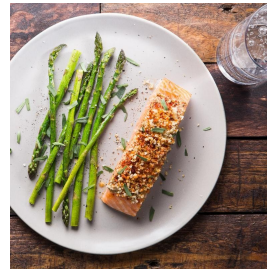
Salmon is one of the most nutritious foods on the planet! This popular fatty fish is loaded with nutrients that may reduce risk factors for several diseases, and a growing number of studies suggest that including salmon in your diet might improve brain function. It's also tasty, versatile, and widely available. ([Healthline](#))

Ingredients

- 1 bunch of thin asparagus, trimmed
- 3 tbsp olive oil, divided
- ¼ tsp kosher salt, divided
- ½ tsp freshly ground black pepper, divided
- 4 (6-ounce) skin-on salmon fillets
- 8 tsp country-style or whole-grain Dijon mustard
- 3 tbsp panko (Japanese breadcrumbs)
- ¼ tsp smoked paprika
- 2 tbsp fresh tarragon, chopped

Instructions

1. Preheat oven to 275°F. Line a rimmed baking sheet with parchment paper. Toss asparagus with 2 tablespoons of olive oil, ¼ teaspoon of salt, and ¼ teaspoon of pepper on a prepared sheet, then arrange in a single layer on one half of baking sheet. Bake asparagus for 5 minutes.
2. Meanwhile, spread each salmon fillet with 2 teaspoons of mustard. Sprinkle fillets with ¼ teaspoon of pepper. Toss panko with remaining 1 tablespoon of olive oil in a small bowl. Sprinkle panko mixture evenly onto salmon fillets, then dust with smoked paprika.
3. After asparagus has baked for 5 minutes, remove baking sheet from oven. Place prepared salmon fillets (skin side down) on empty half of baking sheet. Return to oven and bake until salmon is firm, but still pink in center and asparagus is tender (about 14-16 minutes).
4. Divide salmon and asparagus among four plates, top with tarragon, and enjoy!



Recipe and image by [Epicurious](#).

Additional Resources: Give Smoothies A Shot ([Moda Health](#))

Let's Learn! Resource Spotlight



Movement & Mental Health

Chronic stress can produce a number of undesirable responses in the body, including increased feelings of anxiety, fatigue, and tension. Regularly stretching has been shown to reduce mental tension and, when combined with mindful breathing techniques, may also help to decrease anxiety and depression.

Click [here](#) to read more from the American Council on Exercise.

Additional Resources: Total Body Stretching Warm-Up ([WebMD](#)), Total Body Stretching* ([Moda Health](#))

*By signing up and/or participating in a Moda Health class, you agree to our guidelines [here](#).



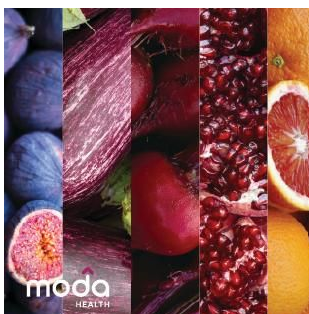
Sleep & Mental Health

Sleep is a critical component of overall well-being. It doesn't just heal your body; it heals your mind. A good night's rest can change how you interact with the world by elevating your mood and improving your concentration. But in our fast-paced world, increased feelings of stress and anxiety can prevent people from tapping into the healing power of sleep. This is where mindfulness comes in! Mindfulness can set the stage for sleep by allowing you to be more aware of your thoughts and to be able to let go of those anxieties instead of getting stuck on them.

Click [here](#) to read more from Mindful, and click [here](#) try a 10-minute breathing meditation by Calm.

Additional Resources: 12 Months of Better Newsletter: Sleep ([Moda Health](#))

Community Connections Nutrition & Your Mood



When it comes to your mental health, there may be more to the old adage "go with your gut" than you think. That's because our gut is connected to our brain, courtesy of one of the largest nerves in our body - the vagus nerve. This wandering nerve goes straight from our brain to our gut, infusing other vital organs along the way. So, when your stomach is upset or doesn't have the proper nutrition, it can influence how you feel.

For example, foods like fruits, vegetables, fiber, and healthy fats fuel the gut's bacteria (also known as the microbiome), contributing to healthy gut bacteria while removing deficiencies to support mental health. At the same time, limiting or replacing sugar and processed foods with healthy alternatives can help you maintain stable blood sugar. Together, they are good for coating our nerves and helping our brain function appropriately.

Click [here](#) to read more about how proper nutrition affects mood.