

Moda Wellbeing Newsletter



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

Mindful Moment The Gift of Gratitude

Research shows that gratitude is strongly and consistently associated with a greater sense of happiness and well-being. Science tells us that counting our blessings increases our optimism, relieves depression, improves immune function, and lowers blood pressure. It also strengthens our relationship with those around us.

If feeling appreciative for acts of kindness, glimpses of beauty, and the people and experiences that bring joy to our lives makes us happier, then why reserve it for just one day of the year, as Americans typically do with Thanksgiving? In our book, that's motivation enough to start a regular gratitude meditation practice. Who, what, and where fills you with a sense of gratitude?

Click [here](#) to read more and to try a 10-minute appreciation and gratitude meditation by Headspace.

Additional Resources: [Adopting A Gratitude Frame of Mind](#) (Prezi), [Gratitude & Mindfulness](#) newsletter (Moda Health)



Better Bites Sweet Potato Pie

Ingredients

- 15 oz sweet potato puree
- 1¼ cup milk of choice
- 2 tsp pure vanilla extract
- 2 tbsp oil OR more milk of choice
- ¼ cup + 2 tbsp sugar
- 2 tsp cinnamon
- ¼ tsp cloves
- 1½ tbsp rolled oats
- 1½ tbsp ground flax
- ¼ tsp + ¼ tsp salt

Instructions

- Preheat oven to 400° F.
- Prepare a pie crust in a 9-inch pan, using an uncooked, store-bought pie crust or preparing one from scratch.
- Blend all pie ingredients until completely smooth, and pour the filling into the crust.
- Bake for 30 minutes. Turn off the heat and leave for another 30 minutes in the closed oven (do not open).
- Take out the still-underbaked pie, and let it cool. Transfer the pie uncovered or very loosely covered to the fridge, where it will firm up after 5-8 hours or overnight.

Recipe by [Chocolate Covered Katie](#)



Let's Learn! Resource Spotlight



The Science of Getting Better Sleep (Happify)

According to the National Sleep Foundation, the amount of sleep adults need is 7-9 hours. Sleep is crucial for your health and your happiness, but many of us simply aren't getting sufficient Zzzs. In fact, 42% of Americans report sleeping less than 7 hours per night.

Happify's [infographic](#) shares some strategies you can use to sleep better, starting tonight!

Additional Resources: [Sleep](#) newsletter (Moda Health), [Sleep](#) poster (Moda Health), [How to Calm Your Worries & Sleep Better](#) video (Happify)

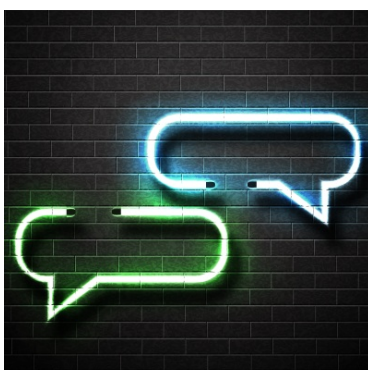


These Questions Can Help You Connect (Greater Good)

During this unique time of social distancing, it's imperative that we don't completely disconnect with one another. In fact, it's critical now more than ever to virtually come together. The [longest study on happiness](#) has shown us that the happiest people were those who leaned into relationships, with family, with friends, and with community. To help people feel connected even while apart, researchers designed these [36 Questions for Increasing Closeness](#).

Additional Resources: [How to Keep Connecting with Strangers During the Pandemic](#) (Greater Good)

Community Connections Partners in the Spotlight



CirrusMD: Virtual Care Without Barriers

Moda Health OEGB members now have access to CirrusMD! Connect with a doctor 24/7 at no cost and no appointment necessary. Use the app to:

- Ask urgent or general health questions
- Message, share photos, or video chat
- Get peace of mind, even at 2 a.m.

Click [here](#) to learn more.