

Moda Wellbeing Newsletter



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

Mindful Moment Benefits of a Strong Support System

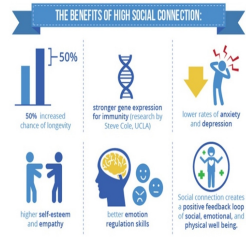
According to the [American Psychological Association](#), social support is the provision of assistance or comfort to others, typically to help them cope with biological, psychological, and social stressors. This support may arise from different relationships within an individual's social network, whether that be family, friends, neighbors, colleagues, caregivers, religious institutions, or support groups.

Some of health benefits to having a strong social support network include: improving the ability to cope with stressful situations, alleviating the effects of emotional distress, promoting lifelong good mental health, enhancing self-esteem and self-confidence, lowering the risk for cardiovascular disease, and triggering the release of stress-reducing hormones ([Mayo Clinic](#)).

[Stanford University](#) also summarizes other healthy benefits from having a high social connection (image).

Another great way to connect with others is through volunteering. Click on the links below to find non-profit food bank organizations in the state of Oregon.

Additional Resources: [Oregon Food Bank](#), [Meals on Wheels People](#), [Neighbor Impact](#), [ACCESS](#)



Better Bites Roasted Brussel Sprouts with Pomegranates & Goat Cheese

Pomegranate seeds add flavor, sweetness, and beautiful color to this recipe as well as many health benefits! Pomegranates are rich in vitamins, minerals, antioxidants, and fiber. Enjoy this dish as a side to a holiday meal or any day of the year!

Ingredients

- 1 pound of Brussel sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon of extra-virgin olive oil
- 1/4 teaspoon of salt
- 1/4 teaspoon of ground pepper
- 2-3 teaspoons of white balsamic vinegar
- 1/3 cup crumbled goat cheese
- 1/4 cup pomegranate seeds

Instructions

1. Preheat oven to 400 degrees F. Toss Brussel sprouts with shallot, oil, salt, and pepper in a medium bowl. Spread on baking sheet.
2. Roast the Brussel sprouts until tender, 20-22 minutes.
3. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

Makes 4, 3/4 cup servings.

Recipe and image by [Eating Well](#).

Additional Resources: Food Safety Tips for the Holidays ([CDC](#))



Let's Learn! Resource Spotlight



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, team building, and a supportive workplace culture.

Check out Moda Health's mini challenges for November and December:

- **Social Connection Challenge:** For the next 14-days, track how you positively connect with other people in your social network. Click [here](#) to download the mini challenge.
- **Holiday Bingo Challenge:** In this two-week challenge, to continue our good habits and stay healthy through the holidays, try to complete as many BINGOs as you can by completing five activities in a row. Click [here](#) to download the mini challenge.

Additional Resources: Mental Health & Stress Resilience Newsletter ([Moda Health](#)), Diabetes Awareness ([Moda Health](#)), The Many Names of Sugar ([Moda Health](#))

Bonus Resource! Introducing "Healthy You," a new wellness program from WebMD Health Services. [Click here](#) to watch this short video to learn more.

Navigating Holiday Parties While Honoring Your Health Goals

November is [National Diabetes Month](#), a time dedicated to spreading awareness about a condition that affects millions of Americans — learn more [here](#). The holidays are a great time for gathering with friends and family over seasonal food and cheer, but they can also be a challenging time to manage diabetes or other health conditions. If you're feeling anxious by the thought of choosing between maintaining your health goals and fully enjoying the holidays, fear no more! With a little pre-planning, food-stress no longer has a seat at your holiday table and you can enjoy all the celebratory foods the season has to offer.

- **Don't skip meals** in anticipation for the feast. Eating balanced meals throughout the day prevents overeating later and promotes stable blood sugar levels.
- **Offer to bring a healthy dish.** You can control the nutrition content, and most hosts appreciate the extra food!
- **Create a balanced plate.** Fill ½ your plate with vegetables and fruit (raw, grilled, steamed), ¼ with lean protein (white turkey meat or tofu), and ¼ with whole grains.
- **Enjoy holiday treats, mindfully.** Eat slowly and savor the taste and texture. Take a bite, chat for a while, then enjoy another bite.
- **Opt for lower-sugar beverages.** Try sparkling water with a splash of cranberry juice and a lime wedge for a festive look.
- **Keep moving.** Staying active helps maintain blood sugar levels. Walk around, chase the kids, play a game of flag-football, or try a movement-based video game.

If you or someone you know would like assistance finding food this holiday season, resources are available at [Oregon Food Bank](#), [Meals on Wheels](#), [Neighbor Impact](#), and [ACCESS](#). Find food sites by county [here](#).

Happy Healthy Holidays!

Community Connections Flu & COVID-19 Vaccines



Katie Scheelar, PharmD, Moda Health's Senior Clinical Program Manager, Clinical Pharmacy, said, with the ongoing COVID-19 pandemic, getting a flu shot helps lower the risk of you and those around you from getting two viruses at the same time. Because the flu and COVID-19 have similar symptoms, she said it can be a challenge to determine if you have one or the other.

According to the CDC, data shows that people can safely get both the flu shot and the COVID-19 vaccine at the same time. This is why Katie strongly encourages that people getting the flu shot also get the COVID vaccine, if they haven't already.

"I think the flu shot is something people are used to getting at their doctor's office or local pharmacy every year. The good part is, you can get your COVID vaccines at those sites, too," she said.

[Click here](#) to continue reading.