

Moda Wellbeing Newsletter

Seasonal recipes, resources and tips to build
Happier, healthier, workplaces



Mindset Matters

A Guide to a More Meaningful Holiday Season

The holidays can easily become focused on material gifts, but shifting the spotlight to generosity and connection can bring deeper joy. Instead of getting caught up in shopping lists, consider how you can make the season more meaningful.

One way to do this is to donate gifts to those in need. Many organizations collect toys, clothes, and essentials for families who could use the extra support. Involving loved ones in this process can create a tradition centered on kindness. Instead of focusing on expensive gifts, plan experiences like baking together, checking out the holiday lights, volunteering, or taking a winter walk to enjoy nature. Helping others with chores, running errands, and cooking a meal can also be a thoughtful way to share care.

If you choose the gift-giving route, thoughtful, [homemade gifts](#) can carry more sentimental and emotional value than store-bought items. Consider baking cookies or bread, creating a photo album or scrapbook, creating a coupon book for experiences like a homemade dinner or coffee date or making scented candles and [body scrubs](#).

Focusing on meaningful connections with loved ones and acts of kindness will bring deeper joy to your holiday season and create cherished memories for years to come.

Additional resources: [14 Charities to Support During Holidays](#), [How to Celebrate the Holidays Without Materialism](#)



Health Coaching Hub

Promoting Wellbeing All Winter Long

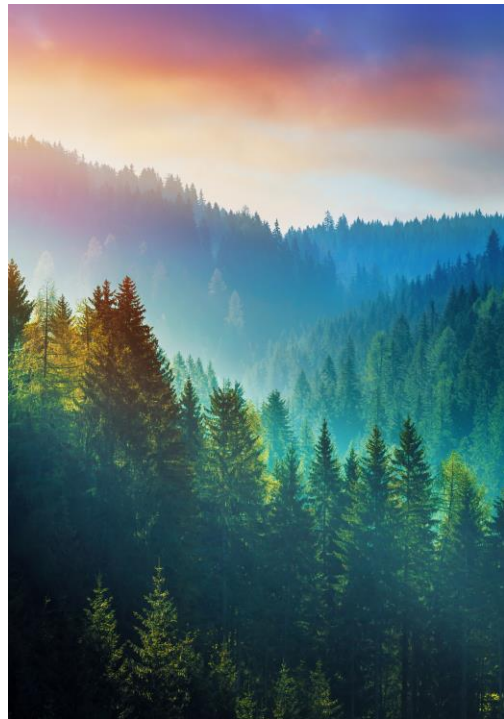
Prepare to nurture your emotional well-being as we move into the darker half of the year! As the days shorten and temperatures drop, it's common to notice a dip in mood, energy, and motivation.

Small lifestyle changes and realistic goals can make a big difference in keeping your spirits high and supporting your health all season long. Reflecting on these questions may help jumpstart a happier, healthier, more intentional winter season.

- What habits do I move away from in the winter months that I'd rather maintain?**
 - Am I spending less time outdoors or eating fewer fruits and vegetables?
 - Do habits like socially isolating or overindulging tend to increase this time of year?
- What activities have I been wanting to get to that I may have time for this winter?**
- How might my life improve if I made positive changes for my health and well-being this season? How would that feel?**

Below are a few goals actual Moda members have set in health coaching to boost mood, energy and wellbeing in winter, no matter the weather!

- "I will create a cozy corner in my living room with a favorite chair, soft blanket and candle – a space where I can look forward to curling up with a good book."
- "I will make it a point to notice the things I enjoy that we don't see in Alaska in the summer, like the moon, the stars, and the Northern Lights."
- "For the winter months, I will go for an afternoon walk three to five times per week (depending on the weather) to get some fresh air and boost my energy."



For Moda Health Members

Health coaching helps you identify realistic, impactful actions—like those listed above—and make a plan to turn goals into reality. Deciding you want to drink more water or get outside more often is one thing, but making it happen is another. That's where health coaching comes in: we help you put the pieces together, anticipate barriers, brainstorm solutions, and guide you toward achieving your goals, so you don't just survive this winter, you thrive!

Eligible Moda Health members have access to one-on-one health coaching at no cost.

Contact us for more information!

Call 800-913-4957 Monday through Friday from 8:00 a.m. to 4:00 p.m. Pacific time, or email

healthcoachteam@modahealth.com.

Cozy Sips: Turmeric Latte

Boost your wellness with a turmeric latte, often celebrated for its powerful health benefits. Turmeric is rich in curcumin, a compound known for its anti-inflammatory and antioxidant properties, which can support joint health, improve digestion, and strengthen your immune system. Some studies even suggest it may help enhance mood and cognitive function. Sip on this warm, nourishing drink as a natural way to promote overall well-being and add a little golden glow to your day.

Ingredients:

1 cup unsweetened almond milk

½ teaspoon turmeric

1/3 teaspoon cinnamon

Dash cayenne pepper

Dash black pepper

Optional: 1 teaspoon maple syrup or coconut sugar

2 teaspoons coconut oil

Instructions:

Place all ingredients in a blender and blend on medium for less than 5 seconds. Pour mix into saucepan and heat for 2 to 4 minutes over medium heat. Drink and enjoy!

Additional Resources: [Golden Milk and Spiced Hot Cocoa - Zoom](#)



Recipe: [Turmeric Latte - Nutritious Life](#)

Image: [Golden Turmeric Latte - Becomingness](#)

Let's Learn! Resource spotlight

Take Your Mood Out of This World Challenge

Cultivate a positive and joyful atmosphere through daily activities that promote happiness and well-being. Why boost your mood? It feels good! Embracing happiness has far-reaching implications for physical health, mental well-being, social connections, professional success, personal growth and community vitality. Get ready to blast off on your galactic journey to a star-studded mood.

Instructions:
For two weeks, achieve at least **five activities** per week for a total of 10 activities over the course of the challenge.

Tracking:
With 14 days of actions, draw stars and/or planets (to go with the space theme) under the dashed line once the activity is completed.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Write down three things you're grateful for. Post somewhere you can see for the day (or longer!)	Share a positive affirmation with a teammate or friend.	Perform a random act of kindness. Ideas include a note of appreciation, a small treat, or assistance with a task.	Send a funny video or GIF to share in a good laugh.	Take a break to connect with nature. Whether it's a walk in a nearby park or a moment in your garden, spend time outdoors.	Share a hobby or passion with your colleagues.	Practice mindfulness meditation for at least 10 minutes. Use apps or guided sessions if needed.
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Create a playlist of uplifting and happy songs.	Invite friends/family to a game night or organize a virtual game session with teammates.	Create a digital or physical vision board depicting your personal and professional aspirations.	Have a pet show and tell: Share photos of your pet or have them make a guest appearance at a virtual meeting or gathering. Pets bring joy and create a positive atmosphere.	Take a moment to reflect on achievements and positive moments. Follow it up with a relaxation session, whether it's deep breathing or a short mindfulness exercise.	Share an inspirational quote with your team or a friend.	Celebrate good times! Wrap up the challenge with a celebration to reward your commitment.



Importance of Hydration During the Colder Months

Every part of the body (organs, cells, & tissues) rely on water to function. [Water has many vital roles in the body](#) including transporting nutrients, removing waste from the body, supporting the immune system, hydrating tissues and organs, regulating blood pressure, and body temperature. We typically focus on our water intake during summer and warmer months; however, our water intake and keeping our body hydrated is very important in every season! Even if you aren't sweating, you lose water [through urination, bowel movements, and through your skin](#). Since water is important in maintaining body temperature, it's important to prevent hypothermia in winter.

Tips for staying hydrated in colder months:

- Don't like drinking cold water in cooler weather? Warm it up! Try sipping on warm water, herbal teas, or broths.
- Keep a reusable water bottle with you to drink and refill throughout the day
- Include water intake in your daily routine
- Pick water over soda or sugary beverages, alcoholic beverages, and caffeinated beverages.
- Add flavor without added sugar such as fresh lemon, limes, fruit, cucumber or mint
- Set reminders on your phone

Resources to learn more: [Baylor College of Medicine – Staying Hydrated in the Cold](#)

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, teambuilding, and a supportive workplace culture.

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

- **Take your Mood Out of This World Challenge:** For this challenge achieve at least five mood boosting activities per week for a total of ten activities for the course of this challenge. [Click here](#) to access the challenge.
- **Burning Bright Without Burning Out Challenge:** In this challenge, pick two or three self-care activities to do throughout this 10-day challenge. Color in one section of the flame each day you do one of the self-care activities. [Click here](#) to access the challenge.