

Moda Wellbeing Newsletter

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



Mindful Moment: Earthly Connection - Grounding

Grounding, also known as earthing, is physically connecting with the earth. The direct contact connects your body to the [Earth's natural electric charge](#) and transfers electrons to your body. More research is needed, but smaller studies show grounding can lower inflammation, improve sleep, energy, mood, and reduce stress. [Examples of grounding include](#) walking outside barefoot, laying on the ground, going swimming, taking a bath, and gardening. Anyone can practice grounding and it isn't limited to gender, race, age, or religion. If you have a body and access to outside, you can practice grounding!

Unable to go outside? Below are some techniques to help ground yourself without going outside:

- Bring outside inside! Have indoor plants and/or flowers
- Open your windows
- Have a bath
- Adjust your workspace to be closer to a window or light
- Play nature sounds



Additional resources: [Healthline - Grounding](#)

Summer Sips: Watermelon Mint Mocktail

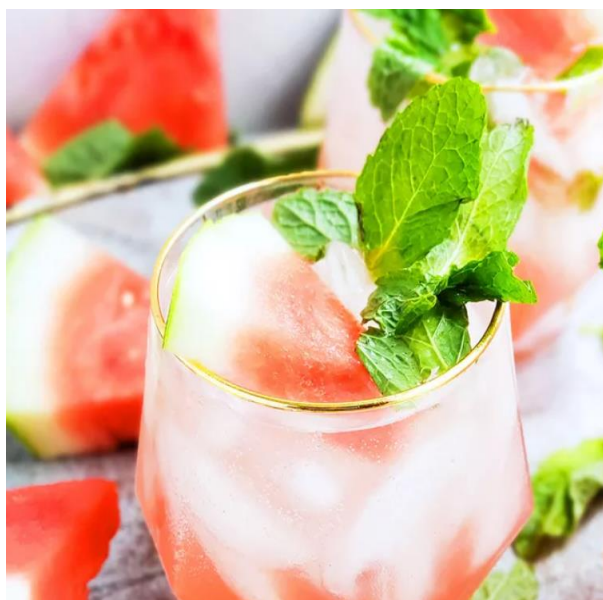
Quench your thirst and beat the summer heat with a refreshing Watermelon Mint Mocktail. This delightful drink combines the sweet and juicy flavors of watermelon with the refreshing hint of mint, creating a perfect blend of flavors that will excite your taste buds. Whether you're lounging by the pool or hosting a backyard barbecue, this mocktail is sure to be a hit with everyone.

Ingredients:

- 2 fresh mint leaves, plus more for garnish
- Ice
- 3/4 cup watermelon juice (see Tip)
- ½ cup club soda
- Small slice watermelon for garnish

Instructions:

- Mash mint leaves in the bottom of a large cocktail glass or pint glass with a muddler or small wooden spoon. Fill the glass one-third full of ice; add watermelon juice. Top with club soda and garnish with a watermelon slice and more mint leaves, if desired.
- Tip: To make your own watermelon juice, puree 1 1/2 cups cubed seedless watermelon in a blender until smooth. Pour the mixture through a fine-mesh sieve into a bowl, pressing with a spoon to release juices. Discard solids. Cover and refrigerate the juice for up to 4 days.



Yields 1 Mocktail

Recipe and image from [Eating Well](#)

Looking for more hydration inspiration? Check out [this](#) refreshing water recipe.

Let's Learn! Resource spotlight

Eat the Rainbow Challenge

Did you know that vibrant color in food is a sign of a healthy meal or snack? That's because the bright natural colors in fruits and vegetables represent protective minerals—supportive nutrients.

For the next two weeks, track the number of servings you eat of each color in the chart below. Use it as a guide to build your plate and eat the rainbow!

Colors	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Red														
Orange														
Yellow														
Green														
Light Green														
Blue														
Purple														
Brown														

Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email healthcoachingteam@modahealth.com.

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Beat Summer Allergies with These Natural Remedies

As the summer season brings warmer weather and blooming flowers, it also ushers in a less welcome visitor: [seasonal allergies](#). Many people find themselves sneezing, coughing, and dealing with itchy eyes as pollen and other allergens fill the air. While over-the-counter medications can offer relief, there are also numerous natural remedies that can help alleviate symptoms.

- [Herbal Teas](#): Certain teas such as peppermint, ginger, green tea, chamomile have certain [antihistamine](#) properties that can reduce allergy symptoms. Peppermint tea, for instance, can help act as a decongestant while ginger tea can soothe an irritated throat.
- [Nasal Irrigation](#) with a saline solution can help clear out allergens and mucus from your nasal passages. Using a neti pot or a nasal spray, rinse your sinuses with a saltwater solution to reduce congestion and irritation. Be sure to use distilled or sterile water to avoid introducing bacteria to your sinuses.
- [Probiotics, found in fermented foods](#) like yogurt, sauerkraut, kimchi, and tempeh can help balance the bacteria in your gut helping to reduce allergy symptoms.
- [Keeping indoor air clean](#) can help reduce overall allergy symptoms. Regularly clean your home, wash bedding in hot water, vacuum several times per week. Keep windows closed during [high pollen days](#) to minimize exposure to outdoor allergens.
- Placing a cold compress on your forehead, cheeks or sinuses may help reduce swelling, itchy eyes and runny nose. You can make a cold compress by wrapping ice in a clean cloth or soaking a cloth in cold water. Use the compress for 10-15 minutes at a time and repeat as needed.

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 July and August:

- **Eat the Rainbow Challenge**: For this challenge spend two weeks tracking the servings of fruits and vegetables you eat of each color. [Click here](#) to access the challenge. [Click here](#) to learn more about the various colors and nutritional value.
- **10 Day Water Challenge**: The goal of this challenge is to drink at least 64 oz (or eight 8oz glasses) of water daily. [Click here](#) to access the challenge

Additional resources: [Health Coaching \(Moda Health\)](#)

Community Connections: Staying Safe During Extreme Heat

As the summer heat intensifies, staying cool and safe becomes a priority, especially for vulnerable populations like the elderly, young children, pets and those with chronic health conditions. High temperatures can lead to heat-related illnesses, such as heat exhaustion and heat stroke, making it essential to know how to keep cool and where to find relief.

Cooling Centers

Cooling centers are public, air-conditioned places where people can go to escape the heat during extreme weather conditions. Cooling centers also usually offer clean drinking water. They are typically set up by local governments or community organizations and often in libraries, community centers, senior centers, recreation centers, and churches.

How to Find a Cooling Center

- **Check Local Government Websites:** Many cities and counties have dedicated webpages listing the locations and operating hours of cooling centers.
- **Call 211:** The 211 helpline is a nationwide service that provides information on local resources, including cooling centers.
- **Use Mobile Apps:** Weather apps and the Red Cross Emergency App can be particularly useful.
- **Follow Local News:** Local TV and radio stations often announce the opening of cooling centers during heat advisories.



Stay Hydrated

Our hydration needs increase in the heat when we are sweating, and replacing electrolytes might be necessary as well. If you or someone you know needs help accessing clean drinking water, the following resources may be useful:

- **Public Facilities:** Many cities have public drinking fountains in parks, libraries, and community centers.
- **Shelters and Outreach Programs:** Homeless shelters and outreach programs often provide bottled water or access to drinking water.
- **Churches and Charitable Organizations:** Many religious and charitable organizations offer support, including water distribution.
- **Public Restrooms:** Some public restrooms have sinks with potable water.
- **Water Distribution Programs:** In some cities, nonprofits and local governments have initiatives to distribute water to homeless populations, especially in hot weather.

Additional resources:

- [Extreme Heat Safety | Heat Exhaustion Safety | Red Cross](#)
- Get assistance paying your energy bill! [Oregon Energy Assistance Programs, LIHEAP & More | PGE \(portlandgeneral.com\)](#)
- Interactive map of resources in Multnomah County: [Stay cool! \(arcgis.com\)](#)
- Moda members are encouraged to reach out to our Social Determinants of Health team for assistance getting connected to resources! Email sdoh@modahealth.com or call 833-960-8988