

## Moda Wellbeing Newsletter



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

### Mindful Movement Play Your Way to Better Health

We all know how much kids love to play. But have you ever wondered when the simple act of “playing” morphed into something that you, as a grown-up, maybe feel self-conscious doing? While play may seem frivolous - or even possibly silly - it’s actually vital to our well-being! UW Health Psychologist Shilagh Mirgain, PhD, [explains](#) that play helps relieve stress, boosts creativity, improves our mood and outlook and keeps our minds sharp. It also improves our relationships with others. Read more about play in adulthood [here](#).

We don't stop playing because we grow old; we grow old because we stop playing. — George Bernard Shaw

Pause and reflect on the last time you played. Did you smile and laugh? Feel elated then relaxed? This is dopamine, serotonin, endorphins, and oxytocin at work, often referred to as our “happy hormones”. While these produce positive emotions that we typically notice, our brain is benefitting subconsciously as well. Play aids in brain fitness for numerous reasons- one being neuroplasticity. When we engage in various experiences, the brain changes and adapts by strengthening or weakening pathways. [Neuroplasticity](#) enables us to learn and improve brain function.

Go ahead and laugh uncontrollably, dance, explore, learn, be silly and free-spirited. You might even start to notice those around you doing the same; enjoyment of life is contagious!

[Using Play to Rewire and Improve Your Brain](#); [Playfulness](#)- UMN Ext.



### Better Bites DIY Taco Bar

Looking for a fun way to celebrate Cinco de Mayo? Or hosting an event? Or want to clear out the fridge.... try a taco bar! Just about anything can go on top of a tortilla. Included are some of the most famous taco toppings and additional recipes to check out for your next taco night!

Topping Ideas:

- Tortillas
- Black or refried beans
- [Cilantro Lime Rice](#)
- Fajita veggies (grilled portobellos, bell peppers, and red onions)
- Chopped cilantro
- [Pico de Gallo](#)
- Sour Cream
- Cotija Cheese
- [Pickled jalapenos](#)
- Chopped avocado or [guacamole](#)
- Chopped lettuce or purple cabbage
- Diced tomatoes, olives, and onions
- Protein ideas - ground beef or turkey, shredded pork, chicken, carne asada, grilled fish, tofu
- [Mango](#) or [tomatillo](#) salsa
- [Grilled corn salsa](#)



For more ideas check out: [gimmedelicious.com](#) and [loveandlemons.com](#)

# 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 May and June:

- **Mindset Matters Bingo Challenge:** try to complete as many BINGOs as you can in the next four weeks. Complete five activities in a row on the Mindset Matters card — either vertically, horizontally or diagonally to score a BINGO! Click [here](#) to access the mini challenge.
- **10-day Step It Up Challenge:** For this challenge, the goal is to walk an average of at least 10,000 steps a day for 10 days — equaling 100,000 total steps. Click [here](#) to access the mini challenge.

Additional Resources: Health Coaching ([Moda Health](#))

## Kick off your summer fun without the fees!

At various times throughout the year, Oregon offers free fishing weekends and on specific days, waives recreation fees at most day-use sites on lands managed by the Forest Service. On Free Fishing Weekends, you don't need a license or tag to fish, crab or clam anywhere in Oregon. Area closures, limits, and regulations still must be followed.

Start planning your outdoor recreation adventures for June; there are a number of free days coming up!

- June 3-4th: Free fishing weekend (also Oregon State Parks [free camping](#) June 3rd!)
- June 10th: Forest Service fee-free for National Get Outdoors Day
- June 19th: Forest Service fee-free day for Juneteenth

Check out the full schedule of free fishing weekends [here](#) and fee-free Forest Service days [here](#)!

## Community Connections Cinco de Mayo - Fiesta Fun



Cinco De Mayo celebrates Mexico's victory over French forces at the Battle of Puebla. Contrary to popular belief, it has nothing to do with Mexican Independence that is celebrated on September 16th. After losing half of its national territory to the United States during the Mexican-American War, Mexico was bankrupt. France, saw this as an opportunity to establish their empire. On May 5, 1862, French troops attacked the city of Puebla, but they were repelled by the much smaller and poorly equipped Mexican army, led by Ignacio Zaragoza. The Battle of Puebla was a symbolic victory for Mexico. While Cinco De Mayo is not celebrated in México, it became an important symbol to the Chicano movement which began in California in the 1940s and eventually spread across U.S.

Today we honor the victory and celebrate Mexican culture and heritage. Every region, community, and family celebrates Cinco de Mayo differently. The day though usually involves fairs, parades, food, music, dancing, and art. [Click here](#) for some delicious recipes to check out.

For those local in the Portland Metropolitan area check out the 36th Annual Cinco de Mayo event down on the Tom McCall Waterfront Park happening May 5th – 7th. Click [here](#) for more details on the event.

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