

[View this email in your browser](#)



**New Mexico
Public Schools
Insurance
Authority**



NMPSIA
Wellness

NMPSIA September 2021 Work and Well-being Newsletter

This month's articles:

- Get Smart about Superfoods
- Daily habits for a restful sleep
- Farmers market
- Sepsis Awareness Month
- Fun ways to reduce family stress
- Upcoming webinars and programs

August Wellness Articles

Get Smart About Superfoods



Is there such a thing as a superfood?

The term "superfood" refers to foods that are rich in important nutrients that may positively affect our health. Keep in mind that there's no single food that can provide all the health benefits that we need to nourish ourselves. However, adding some of these so-called "superfoods" can help boost an already balanced diet!

[CLICK HERE](#) to learn more.

Daily habits for a restful sleep

Your habits during the day have significant influence on how well you sleep. From the moment you open your eyes in the morning, the choices you make determine whether your body will be ready to rest at bedtime.

[CLICK HERE](#) to create a sleep minded daily routine.

Source: National Heart, Lung, and Blood Institute

Farmers Market: Fresh produce & more

Eating a whole-food, plant-based diet is one of the best things you can do for your health. Foods food at local farmers markets may be more nutritious as they are picked at the peak of ripeness. And, since they don't have to travel a long distance to reach you, they're better for you and the environment.

To read more on tips to get the most out of your next trip to the farmers market[CLICK HERE](#).

Sepsis Awareness Month

What is Sepsis? Sepsis is a potentially life-threatening condition that occurs when the body's response to an infection damages it own tissues.

[CLICK HERE](#) to learn more about Sepsis.

Source: Mayo Clinic and Sepsis Alliance

Upcoming Wellness Webinars

These webinars listed below are available
to ALL NMPSIA Members

Preventive Care

A well-check visit, also called an annual physical or check-up, is a preventive measure and a time with your health care provider. According to the Journal of

Family Practice, annual physical exams reduce the risk of missed diagnoses. A well-check can sometimes detect problems before they become serious.

Tues, September 14, 3:30 p.m. [REGISTER HERE](#)

Working Well with Mindfulness

Register now for Working Well with Mindfulness. You will have access to:

- Weekly Drop In Meditation Sessions on Zoom: Monday's & Thursday's 12-12:20pm
- Twice Monthly Drop In Workshops, 1st and 3rd Saturday every month: 10-11am Topics include:
 - Mindfulness for True Stress Reduction
 - Mindful Eating
 - Mindfulness at Work
 - Mindfulness for Better Sleep and so much more!

These sessions will be led by Michelle DuVal, MA, Director of The Mindful Center. Come to all the sessions or just drop in when your schedule allows!

[REGISTER HERE](#) for Life on Mindfulness subscription.

[CLICK HERE](#) for access to NMPSIA's Library of Guided Meditations on Demand and Workshops with Michelle DuVal.

Success Over Stress

Fun ways to reduce Family Stress

Spending time with people you care about can be a powerful stress reliever. This is true for every person in your family. Finding activities you all enjoy can strengthen family bonds, reduce everyone's stress, and bring more fun into your life.

[CLICK HERE](#).... for some stress-relieving activities that can work for the whole family.

Other Wellness Programs

These programs listed below are available
to NMPSIA Presbyterian Members

Health Coaching

Set wellness goals and have one of the knowledgeable Health Coaching work with you to achieve those goals. Health Coaching is available to NMPSIA members covered under Presbyterian Medical Plan. Participants who complete at least three coaching sessions and a final survey will earn 25 points towards \$25 Amazon.com gift card available on the Presbyterian's *Wellness at Work* website. Email nmpsia.coaching@phs.org to register or find out more.

Personalized Nutrition support from a Registered Dietitian

NMPSIA members covered under Presbyterian Health Plan and their covered spouses or domestic partners have access to Good Measures Nutrition Program. This is a personalized nutrition coaching program with online tools, available at no cost.

Whether you want to lose weight, feel more energetic, reduce stress, stay healthy, or better manage a health condition, Good Measures can help. To learn more or sign up, go to nmpsia.goodmeasures.com or call 888-320-1776

Presbyterian Community Health Workers

Presbyterian Health Plan Community Health Workers are committed to helping you and your family improve your help by helping you find housing, food, utility assistance, transportation, translation services and visit a healthcare provider. This service is confidential and provided at no additional cost to you.

For more information[CLICK HERE.](#)

Copyright © 2021 The Solutions Group a division of Presbyterian Healthcare Services, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).