



**New Mexico
Public Schools
Insurance
Authority**



NMPSIA
Wellness

NMPSIA February 2021 Work and Well-being Newsletter

This month's articles:

- Simple ways to eat well
- Know the different disease types
- Upcoming webinars

February Wellness Articles

Simple Ways to Eat Well for Heart Health



Eating foods to protect your doesn't have to be difficult or expensive. You are probably eating many heart-healthy foods already!

[CLICK HERE](#) for some tips from Good Measures registered dietitians for heart-healthy eating that is simple and tastes great.

Know the different heart disease types

You've probably heard the terms cardiovascular disease, heart disease and coronary heart disease, But did you know each of these terms means something different?

To read more a [CLICK HERE.](#)

Upcoming Wellness Webinars

These webinars listed below are available
to ALL NMPSIA Members

Work Life Balance

Have you been seeking the Unicorn known as Work Life Balance? But does it seem like you keep chasing and never actually achieving a sense of peace, connection, and satisfaction? Please join us where we explore what Work Life Balance really is and how to apply real actionable ways to cultivate greater connection and direction with your personal Extraordinary Life Experience using the latest in performance science, neuro-biology and positive psychology.

Tues, February 9, 3:30 p.m. [REGISTER HERE](#)

Dinner with a Dietitian

Blood Pressure Online Video Course

Are you interested in learning cooking techniques to lower and manage high blood pressure? This four-week email video course will help grasp meal prep. Each week you will receive a new instructional video, recipe and grocery list for the meal of the week, and additional educational handouts that correspond with the weekly topic. **Program starts February 8th.**

[REGISTER HERE](#)

NEW!!!

Want to bring more mindfulness into your life?

We have you covered! Join **Life on Mindfulness** for 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](#)

Managing Your Stress

My Stress Tools

My Stress Tools is a web-based platform to help manage your stress and help you understand the root causes of your stress and gives you the help you need to dramatically reduce your stress and build your resilience.

For more information..... [CLICK HERE](#)

Exercise Corner

Lift weights *the safe way*

Lifting weights is great exercise. But if you don't do it properly, you can get hurt.

[CLICK HERE](#) on how you can get started, get stronger and avoid injuries.

Other Wellness Programs

These programs listed below are available to NMPsia Presbyterian Members



good measures™

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

[Watch Good Measures Video](#)

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.

NMPSIA Wellness Rewards

Earn up to \$75 in Amazon.com gift cards by participating in select wellness activities. To find out more..... [CLICK HERE](#).

Questions? Contact NMPSIA.wellness@phs.org

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