



# Employee Wellness Newsletter

## June Newsletter

June 2021

### Upcoming Webinars for the month of June

#### Mindfulness Based Stress Reduction Opportunities

Life on Mindfulness Course Offerings- Click to view video on many topics:

<https://themindful-e-center.com/courses/204/enroll>

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#### Active Listening recorded

Jennifer Marberry, MS CHES is an experienced health coach who leads the Health Coaching and Diabetes Prevention Program for The Solutions Group. When coaching clients, she focuses on lifestyle behavior changes to improve health. She specializes in physical activity management, weight loss, sleep, stress management, and chronic disease prevention.



[Click to Watch Video](#)

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#### Resilience Series: Dealing with Ambiguity

Weekly Series to June 24, 3:30 pm

Helping you with resources for Resilience. These are weekly sessions that provide research-based strategies and tools to help you cope and build resilience.



Click link to:

[REGISTER HERE](#)

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#### How to Be Active Doing Everyday Chores at Home

[Click to Watch Video](#)

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#### 5 Things to know about Natural Anxiety remedies

Nearly everyone has anxiety at times. Stressful situations and important events can make you feel edgy or anxious.

To read more on anxiety remedies .... [CLICK HERE](#)



# Grilled Basil Chicken and Tomatoes

**Servings:** 4 servings **Serving Size:** 1 breast

## **Nutritional Facts (per serving):**

**177 calories, 8g carbohydrates, 5g total fat, 24g protein**

### **Ingredients**

- ¾ cup balsamic vinegar
- ¼ cup tightly packed fresh basil leaves
- 2 tablespoons olive oil
- 1 garlic clove, minced
- ½ teaspoon salt
- 8 plum tomatoes
- 4 boneless skinless chicken breast halves (4 ounces each)

### **Directions**

1. For marinade, place first five ingredients in a blender. Cut 4 tomatoes into quarters and add to blender; cover and process until blended. Halve remaining tomatoes for grilling.
2. In a bowl, combine chicken and 2/3 cup marinade; refrigerate, covered, 1 hour, turning occasionally. Reserve remaining marinade for serving.
3. Drain chicken, discarding marinade. Place chicken on an oiled grill rack over medium heat. Grill chicken, covered, until a thermometer reads 165°, 4-6 minutes per side. Grill tomatoes, covered, over medium heat until lightly browned, 2-4 minutes per side. Serve chicken and tomatoes with reserved marinade.

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Source: <https://www.tasteofhome.com/recipes/grilled-basil-chicken-and-tomatoes/>



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# Helping you with Resources for

## RESILIENCE

*The global pandemic and subsequent accelerated pace of rapid change are transforming our professional, political, scientific and personal environments. Our success and happiness depend on our ability to tap into our inherent resilience as human beings and transform how we think and behave in order to thrive in this whirlwind era of our lives.*

**We have put together a series that is sure to bring support where needed.**

Our Resilience Workshops are short, weekly sessions that provide research-based strategies and tools to help you cope and build resilience.

### Here's how it works:

- Thursdays March 4 to June 24
- 30-min workshops providing a different tool and resource each week
- Month themes
  - MARCH - Healing Our Losses
  - APRIL - Zoom relief
  - MAY - Setting Boundaries
  - JUNE - Dealing with Ambiguity
- Join as often as you can
- [CLICK HERE](https://attendee.gototraining.com/r/5280038867771035393) for more detailed information

Starting Thursday, March 4  
3:30 p.m. – 4:00 p.m.



[REGISTER FOR SERIES HERE](https://attendee.gototraining.com/r/5280038867771035393)

Or, copy and paste this url into your internet browser: <https://attendee.gototraining.com/r/5280038867771035393>

Questions? Contact [nmpsia.wellness@phs.org](mailto:nmpsia.wellness@phs.org)





# Six Pillars of Brain Health

Lifestyle habits are important when it comes to brain health. Our brains adapt and respond to changes by forming new cellular connections and strengthening existing ones. Not only does your level of physical activity and quality of nutrient intake matter, but things like social interaction and play are important for your brain too!

**Physical Exercise** improves blood flow and memory, boosts brain power and learning, improves mood, enhances concentration, improves balance and increases decision-making skills.

**Nutrition** is a critical component of brain health. Research indicates that a Mediterranean diet may reduce the risk of Alzheimer's disease. Omega-3-rich fish, green leafy vegetables, olives, nuts and whole grains help maintain brain health.

**Sleep and Relaxation** improve your immune function and may reduce the buildup of abnormal proteins, called beta-amyloids, in the brain. Meditation, stress reduction, positivity, gratitude and happiness can support brain health.

**Social Interaction**, stimulating conversation and spending time with family and friends protects you against memory loss.

**Controlling Medical Risks** such as hypertension, diabetes, obesity, high cholesterol and head trauma protect your brain.

**Mental Fitness** is just as important as physical fitness and it too can be strengthened! The old saying "use it or lose it" has never been truer than when it comes to mental fitness. Study, learn new languages, partake in hobbies, enjoy the arts and play!

## Mental Fitness Mobile Phone App Resources:

There are many choices when it comes to brain-training tools – here are a few mobile app suggestions.

- Peak – Brain Training
- Lumosity: Brain Training
- Elevate Brain Training

Source:  
Healthy Brains by Cleveland Clinic ([healthybrains.org](http://healthybrains.org))



## Brain-Healthy Foods Include:

- |                               |                            |
|-------------------------------|----------------------------|
| ✓ Green leafy vegetables      | ✓ Fish                     |
| ✓ Other vegetables            | ✓ Poultry                  |
| ✓ Nuts                        | ✓ Olive oil                |
| ✓ Berries                     | ✓ Red wine (in moderation) |
| ✓ Beans                       | ✓ Turmeric                 |
| ✓ Whole grains (quinoa, etc.) | ✓ Chocolate                |



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## 5 Sneaky Ways to Stay Active

Here are five ways to sneak in activity at home:

1. Do bodyweight exercise – like squats, pushups, or sit-ups – during TV commercial breaks.
2. Replace your desk chair with a stability ball.
3. Work in your garden, if you have one.
4. Play a game of soccer or kickball with your kids.
5. Practice yoga.

For more ways to sneak in exercise, click [here](#).

Source:  
<https://www.everydayhealth.com/hs/weight-management-guide/easy-ways-to-sneak-exercise-into-your-day/>

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# VITAMIN

Vital health information in a minute

## Thinking beyond meat

### Benefits of a plant-based diet

Eating green is good for you – and good for the planet, too. But you don't have to go all vegetarian or vegan to get the benefits of a plant-based diet. Making small changes to cut back on meat and get more greens onto your plate can help your health and well-being.

Here are three benefits of eating less meat.

- 1. Improve your health.** Meat is usually high in cholesterol and saturated fats. Processed meats such as lunch meat, bacon and sausage are also loaded with sodium and preservatives. This all can add up to bad news for your health. Eating less meat can help reduce your risk of heart disease, stroke, type 2 diabetes, obesity and many cancers.<sup>1</sup>
- 2. Save your wallet.** Meatless meals are often cheaper because they're based on simple beans and grains, which generally cost less than meat.<sup>2</sup>
- 3. Help the planet.** Meat production uses more fossil fuels than growing vegetables. Producing meat also requires a lot of water. It can take 1,800 gallons of water for just one pound of beef and 500 gallons for one pound of chicken.<sup>3</sup> Switching to a vegetarian diet – even just one day a week – can make a big environmental impact.

### Power up with plants

Ready to do some plant-forward cooking? Get started with these tips.

- ▶ Make plants the star of your plate and experiment with a variety of colorful veggies.
- ▶ Move meat out of the spotlight. Include meat as a side dish or topping.
- ▶ Bulk up on healthy protein with beans, nuts, whole grains and tofu.
- ▶ Pump up your iron with beans and leafy greens.
- ▶ Boost your omega-3 fatty acids with eggs, walnuts, and flaxseed and canola oils.
- ▶ Try meat-free versions of your favorite meals – white bean chili, vegetarian pizza or meatless lasagna.
- ▶ Go meatless one day a week on #MeatlessMonday (or any day you choose).

### Sources:

1. American Heart Association. How does Plant-Forward (Plant-Based) Eating Benefit your Health? <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-does-plant-forward-eating-benefit-your-health> (accessed May 4, 2020).
2. WebMD. The Flexitarian Diet. [https://www.webmd.com/diet/a-z/flexitarian\\_diet](https://www.webmd.com/diet/a-z/flexitarian_diet) (last reviewed/updated February 18, 2019).
3. U.S. Department of the Interior. How much water does it take to grow a hamburger? <https://water.usgs.gov/edu/activity-watercontent.html> (accessed May 4, 2020).

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