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**New Mexico  
Public Schools  
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Authority**



**NMPSIA**  
*Wellness*

## **NMPSIA November 2021 Work and Well-being Newsletter**

This month's articles:

- Health Needs at Holiday Events
- Make a New Thanksgiving tradition
- Vegetarian alternatives to turkey
- Medical loans
- Upcoming webinars and programs

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### **November Wellness Articles**

## **Accommodating Everyone's Health Needs at Holiday Events**



If you're hosting a holiday gathering this year, meeting everyone's diet needs, and preferences can be intimidating. Your guests may have allergies or intolerances, be managing a health condition with food choices many different needs and restrictions.

[CLICK HERE](#) to help you get started.



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## Make a New Thanksgiving Tradition

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As much as we love Thanksgiving, most of us do not love the way we feel afterward. Heartburn, bloating, and sleepiness are common complaints after the holiday feast.

But, a simple family tradition could mean a better day for everyone. Instead of collapsing on the couch in a food coma, get the whole family out for a walk!

Walking after your Thanksgiving meal has several benefits:

1. Taking a walk right after eating may improve digestion. Physical activity stimulates the digestive system and keeps food moving through properly.
2. A post-meal walk may prevent a big spike in blood sugar. This means there is less chance of a "sugar-crash" later.
3. Walking may reduce your risk of disease, help you maintain a healthy weight, and even lengthen your life.
4. Being active as a family is an opportunity to strengthen bonds and enjoy uninterrupted quality time together.

*Source: Center for Disease Control and Prevention*

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## Vegetarian alternatives to turkey

Your vision of traditional Thanksgiving feast may have a giant roasted turkey as its centerpiece. But, increasingly, people are turning vegetarian or low-meat diets as a healthy and environmentally friendly option.

[CLICK HERE](#) .... to read more on alternatives to turkey.

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## Upcoming Wellness Webinars

These webinars listed below are available  
to ALL NMPSIA Members

### Work Life Integration

In this webinar, we will discuss work-life integration, a practice of work and life that play off each other to generate more possibility for us. Learn ways to eliminate the competition mindset that so many of us have about our professional and personal lives. When work-life integration has healthy boundaries, we are better able to nurture both our personal and professional lives.

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

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### 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!
- **November Saturday Topics**
  - Nov. 6th, 10-11am: Mindfulness Practices to Reduce Worries
  - Nov. 20th: Mindfulness and Falling in Love with Life

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 Michelle's Life on Mindfulness subscription.

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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 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.

Our Resilience Workshops are one hour long, monthly sessions that provide research-based strategies and tools to help you cope and build resilience. The next session is on Thursday, November 18th, 4pm-5pm. The topic is A step Forward: Living Through & With the Grieving Process.

[REGISTER HERE](#)

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## On Demand Program: NMPSIA Mindful Eating

This program runs for four weeks and teaches you an entirely new approach to weight loss, healthy eating, and stress reduction. You will learn the clinically proven techniques of mindfulness and how to hone and direct those skills toward eating and weight issues. Program runs November 1st-November 22nd.

[REGISTER HERE](#)

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## Financial Health

### Medical loans: The good, bad, and the alternatives

A medical loan is a specific type of personal loan that can only be used to cover healthcare expenses. For people facing significant out-of-pocket medical

expenses, this type of loan can seem ideal. However, there are a few things you should know.

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

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## Other Wellness Programs

These programs listed below are available  
to NMPSIA Presbyterian Members

### Talkspace for Behavioral Health

Mental health affects every aspect of our lives. When you feel good, you are more productive and happier, and you can handle life with more ease. When your mental health is out of balance, like when you are stressed or worried, it can keep you from doing and enjoying the important things in your life. Just like you take care of your body, you need to take care of your mind. Magellan makes it easy to do that with messaging therapy from Talkspace.

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

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### 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](mailto:nmpsia.coaching@phs.org) to register or find out more.

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### 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 [nmipsia.goodmeasures.com](https://nmipsia.goodmeasures.com) or call 888-320-1776

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