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NMPSIA August 2022 Work and Well-being Newsletter

Stay Hydrated NMPSIA Members!

Summertime is always the best time of year to enjoy being outdoors. However, as we are enjoying summer, keep in mind the importance of staying properly hydrated

Hydration is always important, but especially in hot weather, as we tend to lose a lot of our body fluids through sweat. Dehydration can become a threat to our bodies due to the fact that the body is made up of more than 60% water!

There are many different types of beverages and foods that can be consumed to ensure proper hydration but they are not all created equal. Water is of course the best and it also keeps the body cool. But if exercise or prolonged periods out in the sun have you sweating remember to add beverages containing electrolytes like sodium and potassium.

August Wellness Webinars



Let's make some simple seafood, together!

Join us as we create two simple and colorful dishes centered on seafood that let you off the hook from spending hours in the kitchen.

Thursday, August 18
12:00 p.m. - 1:00 p.m.



To Register, [click here](#), or scan the QR code with your smart phone.

Questions? Contact wellness@phs.org





Flex Your Financial Fitness

Explore how to connect to your financial fitness by connecting to your spending tendencies, learning to audit your bills and becoming a better budgeted boss.

Tuesday, August 9, 2022 at 3:30 p.m.

[REGISTER HERE](#)

August Good Measures Article & Recipe

How Much Protein Do You Really Need?



There's lots of confusion about protein: Do most of us eat enough or too much? Are all sources the same? Can you get enough protein if you are vegetarian or vegan? Let's clear it up!

[Click here for the article](#)

Roasted Corn and Hatch Chile Salad

Serves 4; one serving is about 3 cups.
Total time: 25 minutes

Ingredients:

- 1 small sweet potato, cubed
- 1 tbsp canola oil
- 2 cups canned corn, rinsed and drained
- 5 cups mixed greens or spinach
- 2 hatch chile peppers, diced
- 1 large tomato, diced
- 1 medium red onion, diced
- Optional: 1/2 cup chopped cilantro, 1 cubed avocado, 1 jalapeno diced
- 1/2 cup ranch dressing
- 2 tbsp chopped chipotle chile peppers

Directions:

- Preheat the oven to 400 degrees F. Prepare dressing: Mix ranch dressing and chipotle peppers in a small bowl. Set aside. Prepare produce.
- Add the sweet potato to a parchment-lined baking sheet and toss with canola oil—cook for 10 minutes. Then add corn and hatch peppers, toss and cook another 10 minutes. Let cool.
- Toss all ingredients, including the dressing, in a large mixing bowl and serve—salt and pepper to taste.



Good Measures nutrition and health programs are at no cost to NMPSIA members eligible under Presbyterian Health Plan. Good Measures programs bring together the expert coaching of a registered dietitian with a smart app to help you improve your health through the power of food. Food is medicine! Are you taking yours?
<https://nmpsia.goodmeasures.com/>

More August Wellness Activities

Working Well with Mindfulness

Mindfulness for True Stress Reduction

Mindful Eating

Mindfulness at Work

Mindfulness for Better Sleep and so much more!

For Daily Drop In Meditation Sessions on Zoom

- [REGISTER HERE](#) for Michelle's Life on Mindfulness subscription.

For Twice Monthly Saturday Workshops (1st and 3rd Saturday of month: 10-11am)

- [REGISTER HERE](#) for Michelle's Life on Mindfulness subscription. Topics include:

August's Saturday Workshop Topics

August 6, 2022, 10-11am MST: Life Online, On Mindfulness

August 20, 2022, 10-11am MST: Music and Mindfulness - The Gift of Mindful Listening

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!

PHP Wellness Programs

These programs listed below are available to NMPSIA Presbyterian Members

Wellness
at **WORK**

NMPSIA Wellness Rewards

Earn up to \$75 in Amazon.com gift cards by participating in select wellness activities on your Wellness at Work portal. Email NMPSIA.wellness@phs.org if you have any questions.

For more information[CLICK HERE](#).



Health Coaching

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

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