



**New Mexico
Public Schools
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Authority**



NMPSIA
Wellness

NMPSIA May 2021 Work and Well-being Newsletter

This month's articles:

- Eat your way to a better mood
- How to avoid work distractions
- Natural remedies for menopause symptoms
- Upcoming webinars and programs

May Wellness Articles

Eat your way to a better mood



When you feel anxious, stressed, or a little run-down, what foods do you feel like eating? It's normal to turn to highly processed, sugary foods for comfort--they give us a quick boost of chemicals in our brain that make us feel good.

Want to learn more on healthy foods that comfort your body and mind? [CLICK HERE](#)

3 Ways to Avoid distractions at work

It's a common problem: you need to focus on work, but you keep getting distracted. Here are three quick ways to focus and check things off your to-do-list.

1. **Turn off the "rings" and "dings."** Turn off notifications for emails or texts on your phone before you start a task.
2. **Set a timer.** Work blocks can be a valuable tool to help you get things done. Set a timer for 25-40 minutes and focus on one task during that time. When the timer goes off, take a 5-minute breather. Get a drink of water or go for a quick walk.
3. **Schedule email check times.** Check your messages at scheduled times between work blocks. Spend a few minutes checking and responding. Then, set your timer and start another work block.

Source: Society for Human Resource Management

Natural remedies for menopause symptoms

Menopause symptoms range from annoying to nearly unbearable. Hot flashes, mood changes, and sleep problems are just a few things that come with this transition.

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

Upcoming Wellness Webinars

These webinars listed below are available
to ALL NMPSIA Members

Mindfulness-Based Stress Reduction: Find Your Peace

Find your peace by harnessing your biology to work for you rather than against you through mindful training. We'll learn how to use our attention and breathing to turn on the "remote control" to your nervous system.

Tues, May 11, 3:30 p.m. [REGISTER HERE](#)

Resilience Series

Rapid change is transforming our business, professional, political, scientific and personal environments - our success and happiness depend on our coming to terms with these changes and tapping into our inherent resilience as human beings. Added to this global pandemic and the accelerating pace of change puts new demands on how we must think and behave in order to thrive in this whirlwind era of lives. This series provides research-based strategies for coping with and building resilience through the challenges of exponential change during the pandemic. **Series ending the last week of June. You many register for one or all four.**

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

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](#)

Upcoming Wellness Challenge

These challenges listed below are available
to ALL NMPSIA Members

10K-A-Day Step Challenge

Starting Monday, May 3rd, take a fun-filled walking tour to some of the world's most fascinating cities--and step up your fitness along the way. Every 2 weeks you'll visit a new city as you take this motivating trek to better overall health--boosting energy, improving mood, and lowering the risk of many chronic health conditions. To make it easier, you can use a tracking device to record your steps. Just put the wireless activity tracker on in the morning, sync it with your computer or app, and your steps will automatically load to your 10K-A-Day account.

Recruit your colleagues and family members in this challenge. You heard right....family are included in this challenge! This is a 6 week challenge and if you complete 80% of the total points you will be in a drawing for an Amazon Gift card. Top 3 teams will receive a certificate and bragging rights! Teams of 4-5 are forming now.

[CLICK HERE](#) to register.

Be Fit

Different shoes for different sports

If you play sports, shoes are important. Wearing the wrong shoes can sideline you with foot injuries and pain.

[CLICK HERE](#) to follow guidelines to keep your feet happy.

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.

Presbyterian Community Health Workers

Presbyterian Health Plan Community Health Workers (CHWs) work and live in the same communities as you and I, through special training, they are a great resource to help you get what you need to stay as healthy as possible.

To read more about Presbyterian's Community Health Workers[CLICK
HERE](#).

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