



# Employee Wellness Newsletter

## July Newsletter



July 2021

### Upcoming Webinars for the month of July

Mindfulness is the practice of purposefully focusing your attention on the present moment, and in this month's Health Kit supplied by NMPSIA, you'll learn how bringing mindfulness to the table can bring positive improvements in your life. Remember, summer is a great time to catch up on your healthcare by seeing your Primary Care Provider to complete your annual physical and preventive tests. Annual screenings are an important part of your healthcare and can be vital in identifying and treating health risks early.

#### 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>



#### Podcast

Learn six strategies for mindful eating in this month's podcast.

[Listen](#)

#### Short Video

This short video explains the benefits of mindful eating

[Watch Video](#)

#### Eat your vitamins for Good Health

Vitamins play a powerful role in supporting the immune system. These three vitamins are some of the best for immune system support.

- Vitamin D: Eat foods like fortified milk, cereal and fatty fish, like salmon. Spend 15 minutes a day in the sun to get a good dose of vitamin D. Or take a daily 1,000-4,000 IU supplement.
- Vitamin C: Eat citrus fruits, tomatoes, potatoes, strawberries, peppers, broccoli, Brussels sprouts and kiwifruit.
- Zinc: Eat red meat, poultry, fortified cereal, whole grains, beans and nuts.

Dietary supplements can also be a good option, but be sure you talk to your doctor first.

Dietary supplements can cause undesirable side effects, especially if taken with other medications or if taken in large doses.



Source: Centers for Disease Control and Prevention



## UV Safety

Sitting in the warm sun can be great for your mental health and your daily dose of vitamin D. But too much sun exposure can pose a big problem. Before you get some rays, plan ahead so your fun in the sun doesn't end with a painful sunburn.



To read more on UV Safety

[UV safety information](#)

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## Clean Space, Clear Mind, Tuesday, July 13 at 3:30 pm

Whether you multipurpose your space or just want to see what the top of your desk looks like again, this is your opportunity. In addition to learning practical ways to sell, store or donate your no-longer-used items, you'll be motivated by learning how decluttering has many benefits to your mental, physical and emotional health.

[Click to Register](#)

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## NEW!! Working Well with Mindfulness, Saturday, July 17 at 10am-11am

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!

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!

[Click to Register](#)

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## Additional Information on Mindful Eating

<https://www.mindful.org/what-is-mindful-eating/>

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Check out NMPSIA new wellness website to find more information on the following:

Telehealth, Behavioral Health, Dental Health, Diabetes Prevention & Management, Eye Health, Gym Membership, Health Kits/Wellness Newsletter, Hyper tension, Mindfulness Stress & Resiliency Programs, Weight Management, Livongo, and Wellness Ambassador.

<https://nmpsia.com/wellnessWellBeing.html>

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Information for non-members & members of Blue Cross Blue Shield, Presbyterian, Cigna, Dental, and Vision.



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**NMPSIA** *Wellness*



## Bring Focus to the Food

**Bring focus to your food with these tips:**

**Ponder:** Ask yourself if you're really hungry or if your body needs something else.

**Assess:** Pay attention to the appearance and smell of the food.

**Slow:** Put your fork down between bites and chew your food.

**Savor:** Notice the flavors and textures of the food.

**Stop:** Stop eating when you're full.

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Source:  
<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/mindful-eating-savor-the-flavor>

# Kale Salad with Fresh Strawberries and Toasted Almonds



**Servings:** 6 servings

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

**220 calories, 21g carbohydrates, 0mg cholesterol, 15g total fat, 5g protein**

### **Ingredients**

- 1 large bunch kale leaves  
(9 cups bite-sized pieces kale leaves)
- Juice of 1 medium orange, divided
- ¼ cup plus 1 tablespoon extra-virgin  
olive oil, divided
- Pinch of salt
- 1 tablespoon orange zest
- 2 teaspoons honey
- Freshly ground black pepper
- 1 cup sliced strawberries (or  
blueberries, blackberries, or  
raspberries)
- ¼ cup dried currants or raisins
- ¼ cup slivered almonds or pine nuts,  
toasted
- ¼ cup crumbled feta cheese, if desired

### **Directions**

1. Remove and discard center ribs and stems from kale leaves. Tear kale leaves into bite-sized pieces.
2. Combine kale, half of orange juice, 1 tablespoon olive oil and salt in a large bowl. Massage kale by scrunching small amounts with your clean hands, then releasing and repeating. With massaging, kale will soften, somewhat deepen in color, and become more fragrant.
3. Make the dressing by whisking remaining orange juice, orange zest, honey, and pepper in a small bowl. Gradually whisk remaining ¼ cup olive oil into the juice mixture to combine well. Set aside.
4. Pour the dressing over kale. Add strawberries, currants, and toasted almonds. Toss gently. Let salad ingredients marinate for 15 to 20 minutes before serving. If desired, top with feta cheese.

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# UV safety

Sitting in the warm sun can be great for your mental health and your daily dose of vitamin D. But too much sun exposure can pose a big problem. Before you get some rays, plan ahead so your fun in the sun doesn't end with a painful sunburn.

- **Find shade:** You don't want to be in direct sunlight for too long. Find a shady area or an umbrella to sit under for some respite from the sun.
- **Wear clothing:** The right clothes can help reduce sun damage. Choose lightweight, breathable fabrics that cover your arms, legs, chest and back. Find a wide-brimmed hat to cover your face and neck and buy sunglasses with 100% UV protection. Choose clothes with built-in UV protection, as well.
- **Rub in sunscreen:** Wearing sunscreen is a habit you should practice year-round. Make sure you choose a sunscreen with at least SPF 15 - SPF 30 is a better choice. Reapply every two hours or immediately after swimming.



## HOW TO SOOTHE A SUNBURN

It's fun to play in the sun. But what do you do when the sun bites back? First things first, get out of the sun! Cover up your skin if you're outside and find a cool, dark place. Then, get to work helping your skin recover.

1. **Take a cool bath or shower to cool down your skin.** Avoid using harsh soaps or body washes, as these could make your skin dry out even more.
2. **Apply a moisturizer or aloe vera to the burn.** This helps to trap moisture in your skin, which can help with healing. Aloe vera is anti-inflammatory, promotes circulation and may help stop bacteria from growing.
3. **Drink water.** Your body fights a sunburn by drawing water to the surface of your skin. This could lead to dehydration, so be sure to replenish your fluids often.
4. **Take extra care.** After a sunburn, it is very important that you stay out of the sun for the next few days so your skin can heal. Wear loose clothing and avoid any itchy fabrics.
5. **See a doctor if...** you get severe blistering, develop a fever and chills, or see signs of infection, such as oozing pus or red streaks.



Source: American Academy of Dermatology Association

# Be kind to yourself

We live in a hectic and complicated world, that can be difficult to navigate. Nobody is perfect, yet you may feel like you must strive to measure up to impossible standards. Or, you may struggle to accept mistakes and failures in your life. But you can overcome this by practicing self-compassion.

Self-compassion means learning to be kind and understanding to yourself. It may take time, but with practice, you can learn to accept yourself for exactly who you are, even your imperfections.



## THE PATH OF SELF-COMPASSION

**Step 1: Focus on Self-kindness.** If you tend to criticize yourself or be overcome with feelings of shame, learn how to become aware of these thoughts without pushing them away. Consider how these thoughts make you feel. Write down these feelings.

**Step 2: Acknowledge Common Humanity.** Although we may feel isolated and alone in our failures, the reality is that many human beings share similar experiences. Take comfort in knowing you are not alone and there are others who understand you and your circumstances. Allow others to show you compassion.

**Step 3: Practice Mindful Awareness.** Once you become comfortable with your negative thoughts, learn how to sit and observe them. To do this, you must be fully present in the moment, and allow any thoughts to pass through your mind without judging them. This can help those who often dwell on past events or worry about future events. Being present helps you focus on what is happening now.



## HEALTH BENEFITS

Regularly practicing self-compassion can help you feel:

- Less depressed, stressed or anxious
- More satisfied with a greater sense of purpose
- Less worried and fearful



## BREATH AWARENESS PRACTICE

Sit comfortably with your feet planted firmly on the floor. Lengthen your spine, allowing it to stretch out like a string of pearls. For the next two minutes, turn all of your awareness to your breathing. Do not change how you breathe. Just pay attention to how it feels to breathe in and breathe out and to the pauses between your breaths. If your attention moves away from your breathing, be gentle with yourself and just return your attention to your breath.





# VITAMIN

Vital health information in a minute

## PEACH & BLUEBERRY ICE POPS

A great way to get some extra fresh fruit in your diet and a healthy alternative to regular frozen treats. Try them out! Even your kids will love them.

### Ingredients:

#### (peach flavor)

- › 3 ripe peaches, peeled
- › 2 tablespoons honey
- › ½ cup water
- › ½ tablespoon lemon juice

#### (blueberry flavor)

- › 1 pint fresh blueberries
- › 4 tablespoons coconut sugar
- › ½ tablespoon lemon juice
- › ½ cup water

Optional: crushed graham cracker for topping

### Directions:

In a food processor, puree the peaches, honey, half the water and lemon juice. Strain into a bowl.

In a food processor, puree the blueberries, coconut sugar, half the water and lemon juice. Strain into a bowl.

Place puree in ice pop mold and freeze for 20-25 minutes. Place a stick in the center and freeze for an additional 2-3 hours. Remove from mold and serve. Optional: Wet frozen ice pop and dip in crushed graham cracker for crunchy topping.

Note: Can substitute a pint of blueberries for fruit of your choice.



[Click here to watch a video of this recipe being made.](#)

**Together, all the way.®**



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