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**New Mexico  
Public Schools  
Insurance  
Authority**



**NMPSIA**  
*Wellness*

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

This month's articles:

- Mindful Holiday Eating Made Easy
- Say Good-bye to Winter Rash
- Stay Fit for Life
- Why You Need a Vacation
- Upcoming webinars and programs

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### **December Wellness Articles**

#### **Mindful Holiday Eating Made Easy**



At this time of the year, treats are all around and it is easy to overdo it. Good Measures registered dietitians recommend mindful eating. This can help you enjoy your favorite holiday foods without letting go of your health goals. You will also avoid feeling sluggish after eating!

[CLICK HERE](#) to read more on mindful eating.

## Stay fit for life by getting flexible

Flexibility is your range of motion throughout the joints of your body. A rigid joint may not function well and can limit your ability to move with ease.

[CLICK HERE](#) for tips to improve your flexibility.

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## Say Good-Bye to Winter Rash

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Winter weather can create havoc for your skin. Cold air, low humidity, and the use of central heating all contribute to skin becoming dry, red, and itchy.

[CLICK HERE](#)..... to read more.

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## Upcoming Wellness Webinars

These webinars listed below are available  
to ALL NMPSIA Members

## Authentic and Sustainable Self-care

Sometimes we think of self-care as a blanket phrase that validates us doing whatever we feel like in the present moment to achieve instant gratification, even if it doesn't necessarily serve us in the long-term. Click on the registration below to learn how to practice and sustain genuine self-care this holiday

season and beyond.

**Tues, December 14th, 3:30 p.m. .... [REGISTER HERE](#)**

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## **The Science of a Meaningful Life**

As we get ready to turn the page to a new year, it's a good time to reflect on what matters - that is - what truly drives our sense of purpose in life. The Solutions Group would like to gift a meaningful webinar. Dr. Simon-Thomas introduces eight keys to enhancing eudaimonia - the "highest human good" in our ourselves: optimism, mindfulness, social connection, gratitude, compassion, kindness, levity, and awe.

**Wednesday, December 8th, 1:00 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!
- **December Saturday Topic**
  - Dec.18h, 10-11am: Peace Be With You with....Mindfulness

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, December 16th, 4pm-5pm. The topic is A step Forward: Living Through & With the Grieving Process.

[REGISTER HERE](#)

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## **Live Cooking Demo! Simple, Low-Cost Sheet Pan Dinners**

Join Good Measures registered dietitian April Jackson for a live, online booking demo.

- Learn how to make quick sheet pan dinners that even the pickiest eaters love.
- Get answers to your nutrition, food, and weight management questions.

You won't want to miss this fun, interactive session!

[REGISTER HERE](#)

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## **Work Life**

### **Why you need a vacation**

If your time off is accruing year after year, you might be missing out on one of the secrets to being a good employee. It's time to take a vacation!

[CLICK HERE](#)... to read more.

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

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