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**New Mexico
Public Schools
Insurance
Authority**



NMPSIA
Wellness

NMPSIA April 2022 Work and Well-being Newsletter

April Health Articles

Is Your Mindset Helping or Hampering Your Health Goals?



When it comes to personal health goals, your mindset can truly make all the difference in reaching them. Read this month article by Good Measures registered dietitians to learn more.

[Click here for the article](#)

Upcoming Wellness Activities




Fool some flavor into your recipes this month

Sometimes going stealth with veggies in a recipe enhances the flavor in unexpected ways. In celebration of the playful April Fool's Day, we will create a few dishes that your family is sure to be fooled by.

Thursday, April 21
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



What's Cooking in 2022? Your NEW Kitchen Skills!



Sometimes the kitchen can be a daunting place, but we are here to help! Join us for Kitchen Confidence, a four-week email series designed for home cooks ready to take it to the next level. New to the kitchen or just looking for inspiration? Kitchen Confidence is for you.

[Click here to learn more and sign up](#)

Syncing Your Circadian Rhythms

Ana Hernandez, MS. RD. talks about how vital circadian rhythms can be to not only our quality of sleep but to our body's overall health. They influence our gut microbiome, our energy levels, and even our weight. Set your clock to tune into strategies to tap into your circadian code, transforming your health from morning to midnight. You won't want to miss this one!

Tuesday, April 12, 2022 at 3:30 p.m.

[REGISTER HERE](#)

Working Well with Mindfulness

By registering for this program, 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!

April's Saturday Workshop Topics

- April 2, 2022, 10-11am MST: Social Impact for Spiritual Wellness
- April 16, 2022, 10-11am MST: The Energy of 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.

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 Supporting your Mental Health with Self-Care and will be on Thursday, April 21 from 4pm-5pm.

[REGISTER HERE](#)

This is a great time to remember your behavioral health benefit for those medically enrolled. For more information click [here](#).

Other Wellness Programs

These programs listed below are available
to NMPSIA Presbyterian Members

NMPSIA Wellness Rewards

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

For more information[CLICK HERE](#).

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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