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**New Mexico  
Public Schools  
Insurance  
Authority**



**NMPSIA**  
*Wellness*

## **NMPSIA March 2022 Work and Well-being Newsletter**

### **March Health Articles**

#### **Gut Health and the Microbiome: Your Questions Answered**



You may have heard about gut health, the microbiome, and probiotics. If you are wondering what these mean or how they relate to your health, read on for the most common questions Good Measures registered dietitians receive on this popular topic.

[Click here for the article](#)

# Upcoming Wellness Activities



**GOING GREEN  
FOR SPRING**

**COOKING SHOW**

## Spring into Salads and more!

Spring is coming soon and with that, our star ingredients will be green in color and in season. Join us as we create a meal that welcomes in the season.

**Thursday, March 17**  
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](mailto: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](#)

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## Plant-Forward Eating Strategies

Plant-focused eating is a concept that encourages consumers to include more plants on their plates. It isn't to say that you have to turn down your favorite meat-based dishes, but it may inspire an expansive and exploratory approach to incorporate more fresh veggies, fruits, whole grains, and legumes. Learn why plant-forward eating can provide health, environmental and financial benefits as well as practical strategies to do so.

**Tuesday, March 8, 3:30 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!

### March Saturday Topic

- March 5, 10-11am MST: Mindfulness and Eco-Anxiety
- March 19, 10-11am MST: You're stronger than you think

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, March 17 4pm-5pm. The topic is Understanding Depression and Anxiety: Help is Available

[REGISTER HERE](#)

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## 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](mailto:NMPSIA.wellness@phs.org) if you have any questions.

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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