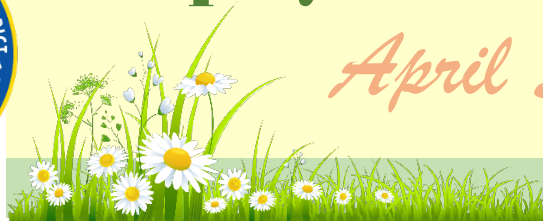




Employee Wellness Newsletter

April Spring Newsletter



April 2021

The arrival of April means the beginning of warmer weather, longer days, fresh spring blooms, and, for many, a renewed sense of energy and motivation. If you're feeling motivated, or just want to build upon good habits you've already started, read some of the wellness information below.

Upcoming Webinars for the month of April

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>

Be Well Behavior Change: **Program starts April 12th**

This 10-week behavior change program contains 3 phases covering tools, action and next steps.

Program guides participants in identifying goals, structuring their support system, developing strategic skill sets, and creating an appropriate action plan based on identified state of change.

Program includes one-on-one sessions with a health coach.

[WATCH VIDEO](#)

[REGISTER HERE](#)

Financial Wellness: **Tuesday, April 13, 3:30 pm**

Financial wellness is the ability to have a healthy financial life. It means your debts are payable and you have ample emergency, retirement funds, and you're well prepared to handle any financial crisis. Join us in the webinar to help you set goals and make a habit of building



emergency savings and managing debt.

Click on link to register:

<https://zoom.us/meeting/register/tJlIdqopjsrEtPujruonBWEQXn3Nlu1s0zi>

Resiliency Series **every Thursday at 3:30 p.m.**

<https://attendee.gototraining.com/r/5280038867771035393>

Take advantage of monthly topics such as:

- **Zoom Relief - April Topic (4 sessions)**
- **Setting Boundaries - May Topic (4 sessions)**
- **Dealing with Ambiguity - June Topic (4 sessions)**



Well on Target

Video and podcast on how to stay connected using apps

[Short Video on how to stay connected](#)

[Listen to Podcast](#)



Workout Buddy Mini-Challenge

Thank you and Congratulations to those that participated.

We had several employees who participated in the activity challenge from February 8 to March 8th. Three employees were randomly drawn, won fitness mats and tote bag supplied by New Mexico School Insurance Authority (NMPSIA). Staff used this opportunity to get their bodies moving and tracked their progress through a tracking sheet. Good Job!



Next Mini Challenge – GO H₂O Starts April 5th – May 5th

Go H₂O welcomes you to this mini challenge for 30-day.

This water challenges encourages you to put down the soda, juice, and drink more H₂O.

- Employees have one month to track their water intake every day.
- If you have questions or would like to sign-up you may contact Marlena Harvey at harvm@centralschools.org or by phone 505-419-9212.



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

Strong *relationships,* better *health*

OUR CONNECTIONS TO OTHERS ARE VITAL TO OUR HEALTH. RELATIONSHIPS MAKE PEOPLE HAPPIER. RELATIONSHIPS ALSO LOWER ANXIETY AND DEPRESSION. WONDERING HOW YOU CAN FORM NEW OR STRONGER CONNECTIONS WITH PEOPLE? TRY THESE TIPS:



Be there for others.

Helping others when they need you strengthens your friendships and makes you happy. You can also volunteer, which boosts happiness.

Make time for friendships.

Schedule time to talk to a friend on the phone if you can't get together in person. Don't let the weeks pass by without talking to people you value.

Don't shun technology.

A cell phone or a video call is a great way to connect when in-person meetings can't happen. Online support groups can help you find people who understand your challenges.





Shrimp and Broccoli Stir-Fry

Servings: 4 servings **Serving Size:** 1 ¼ cups

Nutritional Facts (per serving):

270 calories, 10g carbohydrate, 11g total fat, 34g protein

Ingredients

- ¼ cup low-sodium vegetable broth
- 2 tbsp rice vinegar
- 1 ½ tbsp reduced-sodium soy sauce
- 1 tbsp corn starch
- 1 tsp ground ginger
- ½ tsp sriracha
- ½ tsp stevia brown sugar blend (such as Truvia)
- 3 tbsp olive oil, divided
- 1 clove garlic, minced
- 1 ¼ lbs. raw medium shrimp (peeled, deveined, and tails cut off)
- 3 cups broccoli florets

Directions

1. In a small bowl, whisk together the vegetable broth, rice vinegar, soy sauce, corn starch, ginger, sriracha, and brown sugar blend.
2. Heat 2 tbsp of the olive oil in a large skillet or wok. When the oil is shimmering, add the garlic and cook until fragrant (30 seconds). Add the shrimp and cook until opaque, about 4 minutes. Using a slotted spoon, remove the shrimp and place on a plate.
3. Heat the remaining 1 tbsp of olive oil in the same skillet. Add the broccoli florets and cook until tender, about 4 minutes.
4. Add the cooked shrimp back into the skillet and toss to combine with the broccoli. Pour the broth mixture over the shrimp and broccoli and toss to coat. Continue cooking until the broth mixture thickens slightly, about 1 minute.

Well onTarget®

Recipe source: https://www.diabetesfoodhub.org/recipes/easy-broccoli-and-shrimp-stir-fry.html?home-category_id=20

No time to exercise? Move your body instead

Exercise is great for your health. But sometimes it's hard to fit it into a busy schedule. Don't worry — you can do movement instead.

If there are days when you don't have time for exercise, you can still move. Adding movement into your day is a way to improve your health without investing as much time. There's no gym or special equipment involved.

WHY SHOULD I MOVE MORE?

Studies show that people who move their bodies every day live longer than those who don't. It's also good for the environment. If you walk or bike to your destination, you save gas and carbon emissions. If you take the stairs instead of the elevator, you save electricity.

MOVEMENT IDEAS

Not sure how to get started with movement? You can find things that work for your life. Think about ways you can move instead of sit. Here are some ideas:



Avoid the elevator and take the stairs if you can. You can burn calories two to three times faster climbing stairs than walking briskly on flat ground. Can't take it the whole way? Take the stairs halfway and the elevator the rest of the way. Try to take stairs instead of escalators, too.



Park farther away from the front door and walk a little more whenever possible. Many studies have shown that people who live in cities walk more and weigh less than people who live in areas where they drive more.



Whenever possible, bike or walk instead of driving. People who commute to work by biking or walking tend to weigh less than people who always drive.



If you live far from where you are going, consider driving part of the way and walking the rest of the way. Even a half-mile walk is good movement.



Choose hobbies you enjoy that are active, but don't feel like exercise. This may include gardening, dancing or walking while listening to music or an audiobook.



Walk in place or lift weights while watching your favorite TV show. Stretch or walk in place while talking on the phone at home or work.



Staying Connected While Staying Apart

Maintaining our social connections is more important than ever. Here are some creative ideas to keep you virtually connected while staying apart:

- Get a pen pal.
- Start a book club.
- Host a movie night.
- Cook a meal together (virtually).
- Play online games.

Source: https://www.scripps.org/news_items/6943-how-to-stay-socially-connected-while-social-distancing

Well onTarget®



New Mexico
Public Schools
Insurance
Authority



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 and 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.

We have put together a series that is sure to bring support where needed.

Our Resilience Workshops are short, weekly sessions that provide research-based strategies and tools to help you cope and build resilience.

Here's how it works:

- Thursdays March 4 to June 24
- 30-min workshops providing a different tool and resource each week
- Month themes
 - MARCH - Healing Our Losses
 - APRIL - Zoom relief
 - MAY - Setting Boundaries
 - JUNE - Dealing with Ambiguity
- Join as often as you can
- [CLICK HERE](https://attendee.gototraining.com/r/5280038867771035393) for more detailed information

Starting Thursday, March 4
3:30 p.m. – 4:00 p.m.



[REGISTER FOR SERIES HERE](https://attendee.gototraining.com/r/5280038867771035393)

Or, copy and paste this url into your internet browser: <https://attendee.gototraining.com/r/5280038867771035393>

Questions? Contact nmpsia.wellness@phs.org



The New Mexico Public Schools Insurance Authority (NMPSIA)
PRESENTS *the April Wellness Webinar*



Financial Wellness Get Fit with your Money

Financial wellness is the ability to have a healthy financial life. It means your debts are payable and you have ample emergency, retirement funds and you're well prepared to handle any financial crisis. Join us in this webinar to help you set goals and make a habit of building emergency savings and managing debt.



Tuesday, April 13, 2021, 3:30 PM-4:30 PM

REGISTER HERE:

<https://zoom.us/meeting/register/tJlIdqopjsrEtPujruonBWEQXn3Nlu1s0zj>

Can't make the webinar? No problem.

All registrants will receive a recording of the webinar sent to their email.



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness