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New Mexico
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NMPSIA
Wellness

NMPSIA February 2022 Work and Well-being Newsletter

February Health Articles

Delicious Ways to Lower Blood Pressure



What you eat can have a substantial effect on your blood pressure numbers. While high blood pressure usually doesn't cause symptoms, it's something to manage because it increases risk of stroke and heart attack.

[CLICK HERE](#) to read more about Delicious Ways to Lower Blood Pressure

Upcoming Wellness Webinars

These webinars listed below are available
to ALL NMPSIA Members

21 Day Calm and Strong **Meditation & Exercise Challenge 2022**

Michelle Duval, Director of The Mindful Center, delivers a unique and effective training program on how to bring together the mental skills of meditation with the physiological benefit of exercise.

Program Dates: January 24-February 21

[REGISTER HERE](#)



Win big, with our savory soup recipes!

Join us as we show you how to create ideas for BYOB, building your own bowl, and a simple dessert filled with love in celebration of the Super Bowl and Valentine's Day.

Thursday, February 10
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



The
Solutions
Group

What is the Hype around Hypertension

Learn how to implement life-saving and sustainable lifestyle and nutrition strategies to manage or prevent high blood pressure with a registered dietician from Good Measures.

Tuesday, February 8th, 3:30 p.m.

[REGISTER HERE](#)

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!
- **February Saturday Topic (there will only be one session in February)**
 - Feb.5th, 10-11am MST: Fitness and Nutrition as Mindfulness Practice

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 on Thursday, February 17th, 4pm-5pm. The topic is Respectful Workplace: Civility in the Workplace

[REGISTER 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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