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**New Mexico
Public Schools
Insurance
Authority**



NMPSIA
Wellness

NMPSIA January 2022 Work and Well-being Newsletter

This month's articles:

- Healthier approaches to New Year's Resolutions
- Do detox diets work?
- Stop the spread of respiratory infections
- Upcoming webinars and programs

January Wellness Articles

Healthier Approaches to New Year's Resolutions



After a season of festive treats and rich foods, many of us make New Year's resolutions that involved big changes: losing a large amount of weight, running a marathon, or cutting out food groups.

For some, these dramatic steps work. But most people find that by mid-January, they're back to their old habits.

[CLICK HERE](#) to read more about creating new habits.

Do detox diets work?

Detox or cleaning diets are a popular way to make a change and cut calories quickly. Bu do they really work?

[CLICK HERE](#) to read more.

Stop the spread of respiratory infections

The winter months are a peak time for the spread of infectious respiratory diseases. Cold weather often keeps people indoors, where it is easier for infections to spread.

[CLICK HERE](#) to read more about infectious respiratory diseases.

Upcoming Wellness Webinars

These webinars listed below are available
to ALL NMPSIA Members

Creating Your Vision for 2022

2022 is here.....How do you envision your year going?

We all know that life is unpredictable. Learn how to harness the power of visualization, creating an inspiring vision board, and inspire awe in daily life.

Tues, January 11th, 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!

- **January Saturday Topics**

- Jan. 1st, 10-11am MST: Mindfulness Rituals for the New Year
- Jan. 15th, 10-11am MST: Connecting to Purpose 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.

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, January 20th, 4pm-5pm. The topic is Clearing the Clutter.

[REGISTER HERE](#)

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](#)

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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