



# Employee Wellness Newsletter

## Monthly Digest October Fall

October 2021



### Wellness Updates

"Taking care of ourselves is not selfish, it should be our priority"



This summer, at the CCSD PD Palooza, the CCSD Wellness Team presented plans for our wellness initiative. We realized that this information was exciting and felt we needed to give you an update. The Staff Wellness Team has sent out some wellness calendars, surveys, and emails regarding wellness activities. However, the most exciting news is that we are in the early stages of remodeling the Central Office gym located on Old High School Road. The gym will be the first location for the CCSD Staff Wellness Center.

This is Phase 1 of the plans to provide staff with opportunities to take classes and pump iron. We have received some donations of gently used equipment from our high school weight rooms. Additionally, we applied for a grant that gave us new yoga mats, kettlebells, and resistance bands. What we have not received through donations we will purchase with other funds. The items we plan to buy for the wellness center include treadmills, stair steppers, dumbbell set, stationary bicycle, barbell set, rowing machines, and ellipticals. With all that said, the renovations to the gym will take most of this school year. We anticipate the opening sometime in Spring of 2022. There are more good things to come.



By The Staff Wellness Team on October 1, 2021

### Check out the October Staff Wellness Calendar

Click on Google link to view the activities, mini challenges, exercises, and what you can do to build better habits, have fun and enjoy.

[Click here: October Wellness Calendar - Activity](#)

### Open Enrollment is happening now! Oct. 1 – Nov. 12, 2021

For more information click this link: <https://www.ccsdnm.org/HumanResources.aspx>



## Upcoming NMPSIA Webinars for the month of October

### Maintaining a Healthy Lifestyle

**Tuesday, October 12, 2021, 3:30 pm – 4:30 pm**

When it comes to maintaining a healthy lifestyle, you probably think of eating a well-balanced diet and getting plenty of physical activity. And you'd be right – but in this webinar, we'll go beyond the basics and discuss strategies in addition to nutrition and exercise. We'll explore tactics to manage your screen time, the importance of addressing emotions, how to get a good night's rest, and fostering meaningful social connections.

[Register here - Meeting Registration - Zoom](#)

### Helping you with Resources for Resilience

**Monthly Themes Starting Thursday, October 21<sup>st</sup>, 2021 4:00 pm – 5:00 pm**

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.

- [Register for October: How to Deal with Anger](#)
- [Register for NOVEMBER: A Step Forward: Living Through & With Grieving Process](#)
- [Register for DECEMBER: Finding Forgiveness for Ourselves and Others](#)

### OH, MY GOURD IT'S FALL! – COOKING SHOW

**Thursday, October 21<sup>st</sup>, 2021 12:00 p.m. – 1:00 pm**



Fall brings shorter days and cooler temperatures outside so let's create warm recipes with seasonal ingredients. Join us as we explore fun ways to prepare tasty recipes using pumpkin, squash, and melon.

[CLICK TO REGISTER](#) or scan the QR code with your smart phone →



### 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 12-12:20 pm
- 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!
- October Saturday Topics
  - Oct. 2nd: Riding the Waves: Mindfulness to Reduce Reactivity
  - Oct. 16th: Stillness in a fast-paced World



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.



### SUCCESS OVER STRESS: Art Therapy: Effective Stress Buster

Engage in activities that relax the mind and body is an essential tool for stress management. For many people, creative expression provides the perfect outlet to release stress.

[CLICK HERE.....](#) for more information.

## NMPSIA Walktober Challenge 4-week challenge registrations opens Monday, October 4

Getting active has never been easier... or more fun. Take advantage of October's crisp temperatures and spectacular colors to get moving outside. Starting on Monday, October 11, you'll be engaged in touring autumn's most vibrant landscapes so that you can be active. You will be able to earn colored leaves, points and badges as you record your walking activity. To make it easier you can use tracking device to record your steps. Just put the wireless tracker on in the morning, sync it with your computer or app, and your steps will automatically load to your Walktober account. This is a 4-week challenge and if you complete 80% of the total points you will be entered in a drawing for an Amazon Gift card.

[Register today! by clicking on this link - Walktober](#)



### Brain Game

Take a break to unscramble these words and phrases.

[Download Game](#)

### Podcast

This month's podcast discusses three reasons why you should incorporate energy breaks into your day.

[Listen](#)



### Eating to enhance gut health

The health of your gut microbiome is a significant factor in the health of your entire digestive system. How well you stomach and intestines digest and absorb the food you eat depends on the conditions of the microorganism in your gut.

[CLICK HERE](#) to read more on gut health.

Source: National Institute of Complementary and Alternative Medicine.

### NMPSIA Presbyterian Members AT HOME WELLNESS SCREENINGS – Test kit

FREE Health Wellness Screening kits for all Presbyterian members. The home test kit uses a finger stick blood draw to measure Total Cholesterol, HDL, LDL, Triglycerides and Glucose. Home test Kits come with instructions and video link to follow along.

For more information [...CLICK HERE](#)



Stay tuned for BCBS & Cigna to advertise for Home Wellness Screenings Test Kit.

## Gym Membership Discount Information

**Blue Cross Blue Shield** - Make Your Fitness Program Membership Work for You.

[Click for BCBS Gym Membership Information](#)



**Cigna** - Don't break a Sweat trying to break a set, Simple steps to get to your fitness discounts.

[Click for Cigna Gym Membership Information](#)



**Presbyterian** - Keep moving with a Fitness Pass Membership Only \$12.50 per eligible member per month. Enrollment is year-round.

[Click for Presbyterian Gym Membership Information](#)

