



Employee Wellness Newsletter

Fall into Wellness



Central Consolidated School District

November 2020

Hello CCSD Staff –This is our first CCSD Employee Wellness Newsletter. As we welcome the 2nd quarter of our school year while abiding COVID safety practices, for right now this is what our Wellness program will look like. This year the Wellness Program will continue to promote and create opportunities for Health & Wellness by utilizing technology to communicate interact any ideas, education, and initiatives

As part of our CCSD Wellness program Human Resource will share monthly education and opportunities that New Mexico Public Schools Insurance Authority (NMPSIA) offers. This consists of Wellness webinars, self-care, mental Health practices, and recipes. Some of these offers are for both BCBS, Presbyterian, Cigna as well as opportunities for ALL CCSD Staff, such as mindfulness and nutrition newsletter.

NMPSIA Presents:

The November Upcoming Wellness Webinar



Livongo Behavioral Health: New COVID-19, Mental Wellness Tools (Free)

Get Started Today at www.bh.mystrength.com/bcbasmc19

- Staying Connected While Social Distancing
- Coping Skills during COVID-19
- Keeping Perspective in a Crisis
- Changing Plans & Handling Disappointment
- Parenting in Challenging Times
- Managing Overwhelming thoughts about COVID-19

Short Video: Basic of Self-Care

<https://www.youtube.com/watch?v=Gg7mYiVaMyc&feature=youtu.be>

Everyday Ergonomic for Remote Workers

<https://pomsassoc.com/webinars/this-presentation-will-review-ergonomic-items-and-general-ergonomic-principles-for-anyone-working-in-a-remote-scenario/>

This presentation will review ergonomic items such as job task analysis, review of the importance of breaks/stretching, and an overview of general ergonomic principles for anyone working at home or any other remote scenario. We will also show and discuss examples of modified home workspaces created with limited or no budget to help you design a safer setup for everything from home offices to student virtual learning environments. By POMS.

NOVEMBER 2 – November 23

Mindful Eating Program – 4 Week Online Program

Just in time for the Holidays, Delivered Right to Your Inbox!

To Register GO To: <https://themindful-e-center.com/courses/173/enroll>

In these four parts, Michelle Duval, MA, delivers a one-of-a-kind Mindful Eating program that she's been teaching at the University of New Mexico for the past 17 years with astonishing results. Key program points include application of mindfulness toward food choices, developing a greater awareness toward hunger and learning how to identify personal triggers for mindless eating.

Tuesday, November 10th Last Chance Opportunity!

Benefits Review and Q & A Session

Session #1 : Medical, Wellness & ESI, Dental, Vision, ADL & LTD: 11:00 a.m. – 1:00 p.m.

<https://us02web.zoom.us/j/82550108089?pwd=RjBlbEVTVGJwa1cxXZbmM4eUY0Zz09>

Meeting ID: 825 5010 8089 Passcode: 005279

Session #2 : Medical, Wellness & ESI, Dental, Vision, ADL & LTD: 3:00 p.m. – 5:00 p.m.

<https://us02web.zoom.us/j/89527423130?pwd=bHJ2cWRlM1A2MXdUclB4cmppNmcyQT09>

Meeting ID: 895 2742 3130 Passcode: 307649



Tips during this Pandemic:

Eat Well – Eating well means being mindful about consuming a variety of healthy foods to meet your individual nutritional needs. Eating a balanced diet is a lifestyle that promotes good health, a healthy weight/BMI, and helps mitigate disease.

Be Active – Being active means living in a way that make movement a top priority, Exercise and physical activity are integral not only to the prevention and treatment of chronic disease but to the promotion of optimal health and well-being.

Avoid unhealthy choices – Avoiding unhealthy choices means avoiding substances that may be addictive or harmful to your health. Substance exposure and use may occur by direct skin contact, inhalation, absorption or ingestion of the substance into the body. Avoiding repeated contact or use of unhealthy substances is a lifestyle that promotes good health and helps prevent abuse, dependence, disorders, and disease.

Embrace Wholeness – Personal well-being stresses the importance of community, socializing, family, stress management, optimal sleep, and financial management.

Recipe of the Month

Presented by

NMPSIA



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

Nutritional Facts (per serving):

306 calories, 20g carbohydrate, 14g total fat, 31g protein

Ingredients

2 tablespoons extra virgin olive oil
1-pound free-range extra-lean ground turkey
1 teaspoon garlic clove — minced
½ cup onions — diced
½ cup yellow pepper — diced
½ cups sweet potato — diced
Salt and freshly ground black pepper
A pinch of red chili flakes (optional)
½ cup shredded mozzarella cheese
Fresh parsley — for garnishing (optional)

Directions

1. In a cast iron skillet, heat the olive oil over medium-high heat.
2. Add the ground turkey and garlic. Use a wooden spoon to break up the turkey as it cooks. Stir occasionally and cook for about 5 minutes.
3. Add the onions and yellow peppers and cook until the onions are soft.
4. Add the sweet potato, red chili flakes, salt, and pepper.
5. Cover the skillet and cook until the sweet potatoes are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potatoes faster.
6. While the sweet potatoes are cooking, preheat the oven to 400°F.
7. When the sweet potatoes are tender, add the shredded mozzarella cheese, and put the skillet in the oven to melt the cheese.
8. When the cheese melts, remove from the oven, and garnish with parsley.

Well onTarget®

Source:
<https://www.primaefood.com/ground-turkey-sweet-potato-skillet/>

If you would like the recipe please email Marlena Harvey, harvm@centralschools.org

Mental Health Topics

During Pandemic, it might be normal to:

- Struggle to stay motivated
- Start a routine and fall off within a few days
- Miss your “normal” life
- Feel good one minute and terrible the next
- Find it difficult to concentrate
- Worry about the future
- Fear returning to work
- Emotionally eat
- Consume yourself with being productive
- Daydream frequently
- Feel guilty for not being productive “enough”
- Fear leaving the house
- Be more irritable
- Have a sleep issue because you’re more anxious
- Experience anxiety-based dreams

If the pandemic has impacted your mental/emotional issues, try this:

- Reduce the frequency of watching stress inducing news or media
- Develop a sleep routine
- Find ways to connect with your support system
- Don’t overload yourself with goals for the day
- Create small and reasonable expectations
- Process your feelings by writing them out
- See a therapist or counselor to assist

Content from: Nedra Glover Tawwab, Therapist & Public figure

IF YOU OR A LOVED ONE IS EXPERIENCING ANY KIND OF EMOTIONAL CRISIS,
MENTAL HEALTH OR SUBSTANCE USE CONCERN, YOU CAN FIND HELP 24
HOURS/ 7 DAYS A WEEK, BY CALLING THE CRISIS NUMBER AND ACCESS LINE
OR PEER TO PEER WARMLINE.

New Mexico Crisis and Access Line

To Talk to Someone

Call for Support and Resources

1-855-NMCRISIS (662-7474) - Free

Toll Free 24/7/365

<https://www.nmcrisisline.com/news-events/>

Colorado - Peer Support, Counseling, Crisis (Digitally)

To Talk to Someone

1-844-493-TALK (8255)

<https://coloradocrisisservices.org/>

Navajo Nation Division of Behavioral & Mental Health Services

Shiprock NM

Do you need to talk to someone? Are you a youth or elder that would like to seek
help with depression, anxiety, or stress?

Phone: 505-368-1438

National Suicide Lifeline (800) 273-TALK (8255)

Veterans Crisis Line (800) 273-8255 - Press 1

Livongo for Behavioral Health powered by myStrength

New COVID-19 Mental Wellness Tools

Blue Cross Blue Shield of Michigan is working with Livongo to empower our members to live better, healthier lives. That includes providing resources for managing heightened stress and uncertainty brought on by the current COVID-19 threat.

The new **COVID-19 and Mental Wellness** resources from Livongo for Behavioral Health, powered by myStrength, are now available through December 31, 2020, to support you through these challenging times, at no cost.

Resources include:



**Strategies to manage
heightened stress**



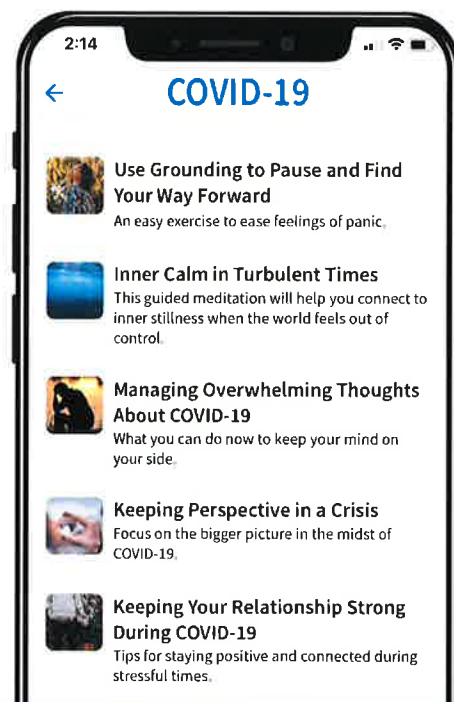
**Tips for parenting during
challenging times**



**Ideas to manage
social isolation**



**Other tools and information
for emotional support**



Get started today at bh.mystrength.com/bcbsmcvd19

Getting started is easy

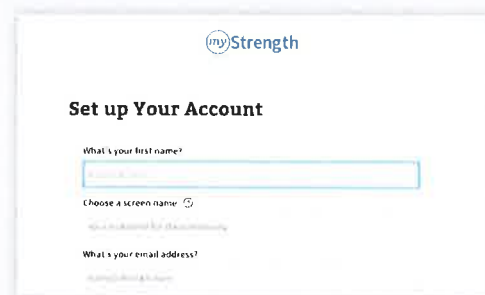
1

Visit bh.mystrength.com/bcbsmcvd19.



2

Create a free account.



3

Choose from over a dozen activities to help manage heightened stress brought on by the COVID-19 pandemic.

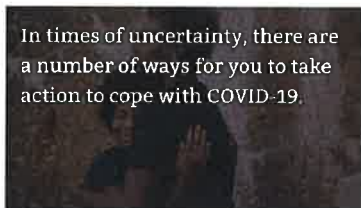
Staying Connected While Social Distancing

Make a plan to increase your feelings of connectedness.



Coping Skills during COVID-19

In times of uncertainty, there are a number of ways for you to take action to cope with COVID-19.



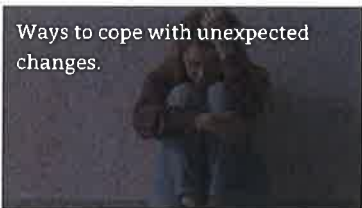
Keeping Perspective in a Crisis

Focus on the bigger picture in the midst of COVID-19.



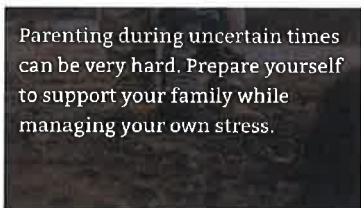
Changing Plans and Handling Disappointment

Ways to cope with unexpected changes.



Parenting in Challenging Times

Parenting during uncertain times can be very hard. Prepare yourself to support your family while managing your own stress.



Managing Overwhelming Thoughts About COVID-19

What you can do now to keep your mind on your side.





MINDFUL EATING

4 Week Online
Program

Just in time
for the
Holidays!



Nov. 2 - Nov. 23

Delivered Right To Your Inbox!

ARE YOU ALWAYS ON A DIET?
DO YOU EAT FROM STRESS?
DO YOU WISH YOU HAD A BETTER PRACTICE
OF HEALTHY EATING?

JOIN US FOR A WHOLE NEW APPROACH AND LEARN:

- *Clinically Proven meditative techniques for stress reduction
- *How to apply mindfulness toward food choices
- *How to identify personal triggers for mindless eating
- *Specific mindful eating techniques to help you eat - and live - with more awareness and LESS STRESS.

Program Includes:

- *Weekly videos and guided meditations delivered right to your inbox
- *Weekly readings to support your learning
- *Daily practices to begin to relate more mindfully to your food and eating



INSTRUCTOR MICHELLE DUVAL, MA, IS THE DIRECTOR OF THE MINDFUL CENTER AND THE MINDFULNESS PROGRAMS AT UNM CENTER FOR LIFE, THE PRESBYTERIAN HEALTHPLEX, AND THE NEW MEXICO HEART INSTITUTE. HER PROGRAMS ARE NON-RELIGIOUS AND TEACH THE CLINICALLY PROVEN PRACTICES OF MINDFULNESS MEDITATION FOR HEALTH, HEALING, AND STRESS REDUCTION. VISIT WWW.THEMINDFULCENTER.COM FOR MORE INFO.

TO REGISTER GO TO: <https://themindful-e-center.com/courses/173/enroll>

QUARTERLY NEWSLETTER

OCTOBER | NOVEMBER | DECEMBER | 2020

MAKING HEALTHIER FAST FOOD CHOICES

Opting for fast food when you're busy or don't have the energy for cooking doesn't necessarily mean you have to stray from healthier eating. Today, healthier options are available at many fast-food places.

Try these tips for a healthier meal:

Plan ahead. Most fast-food chains provide detailed nutritional information on their website.

Stay away from the supersize. Super sizing usually means twice the fat, calories, and sodium.

Choose sides wisely. Fries, onion rings, coleslaw — these sides can add hundreds of calories. Instead, look for lighter sides like fresh fruit or a side salad with low-fat dressing.

Limit the extra fat. When ordering hamburgers and sandwiches, limit the extras that are high in fat, such as bacon and cheese. When ordering pizza, add veggies instead of extra cheese and other high-fat toppings like sausage and pepperoni.

Skip the sweetened drinks. Sugary drinks like soda and fruit juices are a big culprit of hidden calories. Say no to the sugary drinks and choose for water or unsweetened tea instead.



Source:

<https://www.healthline.com/nutrition/20-healthy-tips-for-eating-out>

Limit Bad News to Elevate Your Mood

Sources:
<https://www.health.com/mind-body/what-is-doomscrolling>
<https://www.npr.org/2020/07/19/892728595/your-doomscrolling-breeds-anxiety-here-s-how-to-stop-the-cycle>

When you're surrounded by bad news — particularly now in the age of COVID-19 — it can be easy to fall into a spiral where you just can't seem to quit reading or watching for more and more information. There's even a word for this phenomenon: **doomscrolling**.

Doomscrolling can have a serious effect on your mental health, but there are things you can do to help yourself. Below are a few suggestions to get you started:

Set a time limit. Allow yourself a set amount of time each day to read the news — fifteen minutes is a great start. Set an alarm so you know when to quit.

Don't read the news just before bed. This is especially true if you're having trouble sleeping. Ending your day on a positive note will help ease your stress and set you up for a great morning after a full night's rest.

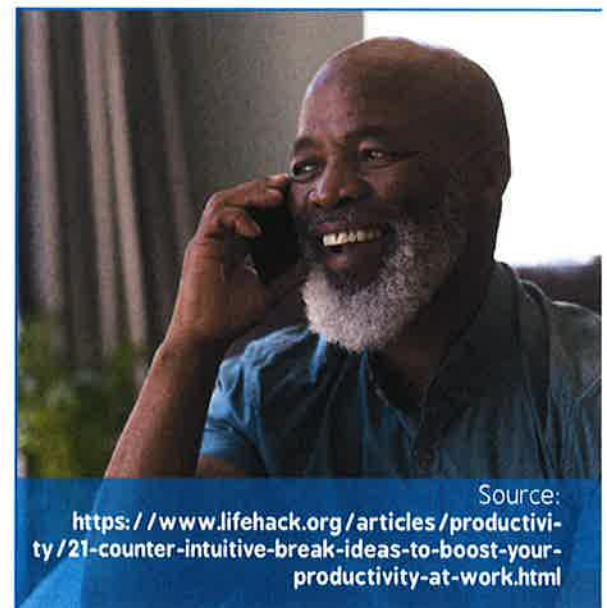
Stay aware. Open your phone with a purpose. What news or information are you trying to find? Check in with yourself to see if you've found what you needed. Once you have, close out your news sources.

BOOST YOUR MOTIVATION WITH AN ENERGY BREAK

During times of stress, mustering up motivation can be difficult. Taking short energy breaks throughout the day can help boost your mood and your productivity.

Here are a few physical, emotional, and spiritual mini-break ideas you can incorporate throughout your day (going to the bathroom or checking social media doesn't count — aim for an activity that will actually energize your body):

1. Practice deep breathing or listen to a quick guided meditation. This can spark your creativity, release tension in your muscles, and take your mind off work.
2. Read a magazine or a book, something that has nothing to do with work or the news.
3. Call a friend or a loved one.
4. Complete a stretching exercise. You don't need more than 5-to-10 minutes to get a short physical break in your day that will re-energize and motivate you.



Source:
<https://www.lifehack.org/articles/productivity/21-counter-intuitive-break-ideas-to-boost-your-productivity-at-work.html>

Getting Safe Care During a Pandemic



To stay safe and help reduce the spread of COVID-19, many Americans are avoiding seeking medical care and have postponed their annual screenings and physical exams. However, this can often lead to more damage than good. Even during a pandemic, you shouldn't ignore your health needs.

Managing ongoing medical conditions — like diabetes, heart failure, or high blood pressure — is as important as avoiding the coronavirus itself. It's these conditions that can make you more vulnerable to COVID-19 complications. In addition, parents may be avoiding taking their kids for their well-child visits; however, it's essential that these routine checkups happen, especially for vaccinations and immunizations.

There are ways you can stay safe during the pandemic while still getting the care you need:

- Find out what safety measures are in place (masks, temperature checks, social distancing).
- Check to see if your insurance covers telemedicine or virtual care — this allows health care professionals to “see” patients using phone or video.
- If going to an office, wear a mask and practice physical distancing.
- Your body is your most valuable asset — it's important to keep it in check and monitor your health all year long, even amid a pandemic.

Sources:

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/how-to-safely-go-to-your-doctor-during-coronavirus/art-20486713>

<https://www.elfp.com/preventive-care-important-now-ever/>

FEATURED RESOURCE: Happiness

HelpGuide is a nonprofit mental health and wellness website that provides trustworthy content people can use to improve their mental health and make healthy changes. Check out <https://www.helpguide.org/articles/mental-health/cultivating-happiness.htm> for information on cultivating happiness and getting more joy and satisfaction out of life.

