



**New Mexico  
Public Schools  
Insurance  
Authority**



**NMPSIA**  
*Wellness*

## **NMPSIA December 2020 Work and Well-being Newsletter**

This month's articles:

- 20 Healthy Gifts to give this season
- Are you getting enough Vitamin D?
- Flu Shots FAQs
- Upcoming webinars

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### **December Wellness Articles**

#### **20 Healthy Gifts to Give This Season**



Many aspects of the holidays and holiday shopping have changed due to the pandemic. But you can still select-- or make-- health-inspired gifts for your family and friends. Good Measures dietitians share their favorite ways to give the gift of health, including tools for eating well, getting physical activity, and enhancing well-being.

[CLICK HERE](#) for great gift ideas as well as the recipe for homemade granola.

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## **Are you getting enough Vitamin D?**

Everyone needs Vitamin D for good health. Vitamin D is important because:

- It helps keep your bones strong.
- Muscles need it for strength and movement.
- Nerves use it when they send messages throughout the body.
- The immune system needs it fight off illnesses.

To read more, [CLICK HERE](#).

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## **Flu shot FAQ's**

Every year, millions of people get the flu. Some get very sick and need to be hospitalized. Thousands of people die from the flu every year.

This year as we battle COVID-19, getting a flu shot is more important than ever. Flu shots decrease the chance that you will be hospitalized or die from the flu. This helps ensure that hospitals will not become overwhelmed with flu and COVID-19 patients.

To read more ..... [CLICK HERE](#).

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## **Upcoming Wellness Webinars**

These webinars listed below are available  
to ALL NMPSIA Members

## **The Power of Gratitude**

Can gratitude really change our lives? Science tells us yes. An "attitude of gratitude" is a good health choice-heightened energy level, strengthened heart and immune system, decreased blood pressure, increased likelihood to exercise, and decreased stress, anxiety, depression, and headaches. Join us to learn how we can create a gratitude practice for ourselves and make it an integral part of everyday life.

**Tues, December 8, 3:30 p.m. .... [REGISTER HERE](#)**

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## **Mindfulness Practices to Improve Your Sleep**

Everyone experiences sleep disturbance and issues in their course of life....but did you know just how much mindfulness can help? Learn how to give your brain exactly what it needs each and every night to allow it to let go of the day into sleep. Click on the register here link to register.

**Use Coupon Code:** nmpsiaindfulness2020

**Saturday, December 5th, 10:00 a.m. [REGISTER HERE](#)**

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## **Exercise Corner**

### **Exercising: When the days are short**

December 21 marks the shortest day of the year. If you exercise outdoors, you may find yourself in the dark. Keep these things in mind if you go out at dawn or dusk.

- Wear reflective gear and bright colors. Also consider taking a head lamp or flashlight. You want to be as visible as possible and have your own light source to see.
- Don't use headphones. You'll want your hearing to be sharp when visibility is low.
- Go against the flow if you're walking. Always walk against the flow of traffic. But, if you're biking, go in the same direction of traffic.
- Take a friend if you can. They can keep you motivated and offer extra safety.

Source: Department of Health and Human Services

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## Other Wellness Programs

These programs listed below are available  
to NMPsIA Presbyterian Members



good measures™

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## 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](https://nmpsia.goodmeasures.com) or call 888-320-1776

[Watch Good Measures Video](#)

# 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](mailto:nmpsia.coaching@phs.org) to register or find out more.

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