



The Solutions Group

Making Great Companies Better Places to Work

Work & Wellbeing



New Mexico Public Schools Insurance Authority



NMPSIA Wellness



Monthly Wellness Webinar:

Importance of Sleep and Brain Health

Sleep, once underrated has now catapulted to the forefront of the health discussion. Join us to discuss why sleep is so important along with ways to catch more zzz's of your own.

Can't make the webinar? No problem. All registrants will receive a copy of the webinar sent to their email address.

**Wednesday, June 12th
12:00PM**

[Register here.](#)



Make Your Summer Workout Easier



Registered Dietitians' Tips for Smart Snacking

Building snacks into your day can help you maintain energy, keep hunger away, and prevent overeating at other meals. With a bit of planning, you can have a satisfying snack strategy that keeps you feeling good and on track with your eating plan.

"It might seem counterintuitive to have snacks if you are trying to lose or manage weight, but having nutrient-dense snacks can actually help you eat less because they keep you from getting too hungry," says Good Measures registered dietitian Caroline Carney.

Good Measures registered dietitians generally recommend snack combinations that include a lean protein or healthy fat food and a high-fiber food. They also recommend aiming for less than 200 calories.

Some registered dietitian favorites include:

- Turkey slice spread with a spoonful of Greek yogurt mixed with 1 tsp honey and 1 tsp mustard, rolled up
- Toasted corn tortilla with mashed avocado and dollop of salsa
- Brown rice cake spread with nut butter or sunflower seed butter and a clementine

You can still enjoy a productive workout during the warmer months.

Try these tips:

1. **Start early with water.** Don't wait to start drinking water right before you exercise. Drink water throughout the day to keep your body hydrated. Then, drink additional water during and after your workout.
2. **Go indoors when heat and humidity are too high.** Don't try to brave extreme weather with an outdoors workout. Heat exhaustion and heat stroke are dangerous and can happen to anyone. On heat advisory days, take your workout indoors.
3. **Wear the right clothes.** Choose light-colored clothing that is made for sweating and workouts. Many new, lighter fabrics will keep sweat and moisture away, which makes you feel cooler. Cotton clothing is best suited for low-humidity weather conditions.
4. **Shun the midday sun.** In the summer, limit or avoid heavy workouts from 10 a.m. to 4 p.m. The sun and temperatures will be hottest during these times. Instead, go out early in the morning or in the evening.

- Hard-boiled egg slices on whole grain cracker with optional hot sauce drizzle
- Almonds and baby carrots
- Sliced apple or pear and cubes of cheddar or jack cheese
- Frozen banana blended with peanut butter
- Greek yogurt (unsweetened) with berries
- Air-popped popcorn with a splash of olive oil and lemon pepper
- Roasted chickpeas
- "Trail mix" with a high-fiber/low-sugar cereal, nuts, and raisins

Having a healthy snack on hand can help keep hunger at bay if you are going to be driving in a car for a long time, out all day running errands, or in a place without a lot of healthy food options.

Need more ideas for quick and healthy snacks and meals? Get personalized nutrition coaching and find out which foods are best for you. Presbyterian NMPSIA members have access to Good Measures personalized nutrition coaching and online tools 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 <https://nmpsia.goodmeasures.com/> or call 888-320-1776.



What's that *rash*?

Red, itchy skin — you have a rash. Most people get a rash at some point in their lives. Rashes happen when the skin reacts to a foreign “invader.” They also occur with illnesses, like chicken pox or measles.

Poison ivy, bug bites, and allergies are all possible causes for a rash. A minor rash is usually not a sign of a serious health problem. It may be a sign that your skin is reacting to an invader.

If You Notice a Rash, Ask Yourself These Questions:

1. Have I been outside recently? In the woods? You could have run into poison ivy or been bitten by an insect.
2. Do I have allergies? Sometimes seasonal allergies to pollen and mold can cause itchy skin.
3. Did I use a new laundry product? Certain laundry detergents and fabric softeners can cause rashes and allergic reactions in some people.
4. Did I use a new skin care product? Fragrances and other ingredients in these products can be irritating to skin.
5. Have I taken a new medicine? Some medicines can cause rashes and allergic reactions. Call your doctor right away if you notice this.

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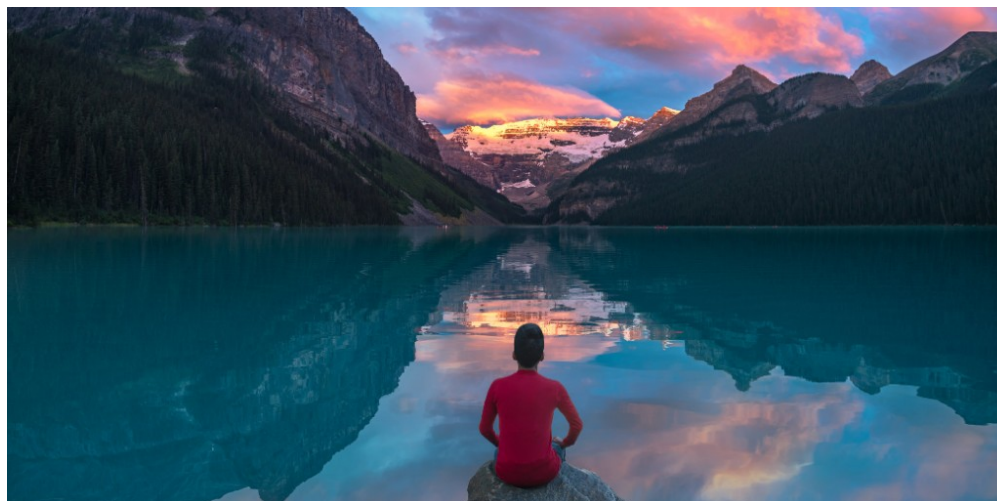
flags:

- Fever
- Feeling unwell
- A rash keeps getting worse
- A rash covers a large area of the body
- Severe pain
- Any rash on the face
- A rash that is very red, oozing, or hot
- A circular rash with a “bull’s eye” in the middle
- A rash that might be caused by your medicine
- Signs of a severe allergy, such as swelling or trouble breathing
- A rash appears after being around someone who has a serious illness, like measles or chicken pox
- A rash lasts more than 2 weeks

If you’re concerned about a rash on yourself or your child, always call your doctor.

Sources: American Institute for Preventive Medicine

Quick Facts About *relaxation exercises*



When you’re under stress, your body releases stress hormones. These hormones cause your heart to race or your palms to sweat.

This is your body's normal response to stress. In some cases, a little stress is helpful. But for many people, stress happens too much. This can lead to ongoing high levels of stress.

Relaxation exercises can help you stop this physical response to stress. They can slow down your heart rate and help you feel calm.

You may have heard about relaxation exercises and wondered if they would work for you. The good news is, they will probably help you at least a little – and they won't hurt. Here's what to know:

- Relaxation exercises usually put two things together: breathing and attention. You may have to pay close attention to your breaths in and out while relaxing your mind. This can help push away stressful thoughts.
- Apps, books, articles, and classes can help you learn how to relax and reduce stress.
- You can learn relaxation exercises without special equipment or spending money.
- Don't use relaxation exercises as medical treatment. If you think you have depression, anxiety, or another mental health condition, see your doctor. Often relaxation can be combined with medical treatment to give you even better results.

Source: American Institute for Preventive Medicine

COMPLETE YOUR *Personal Health Assessment*

Take Your Personal Health Assessment, Get a \$25 Amazon Gift Card*

Want to earn a \$25 Amazon gift card? Take your 15-minute online Personal Health Assessment (PHA) on Wellness at Work. Individuals who complete their PHA will be emailed** their gift card information and receive a personalized health risk-assessment report. Click [HERE](#) for instructions on registering for Wellness at Work to take your PHA

**This offer is available to New Mexico Public Schools Insurance Authority members covered under Presbyterian Health Plan.*

***Please allow up to one month to receive your gift card. Gift cards will be emailed to the address you include when registering for Wellness at Work.*

Wellness Opportunities

Health Coaching (available to NMPSIA members covered under Presbyterian Medical Plan). Email nmpsia.coaching@phs.org to sign up.

Work with a Good Measures Registered Dietitian, only available to Presbyterian NMPSIA members

Wellness Webinar: Importance of Sleep and Brain Health, June 12, 12:00PM

Do you have a Primary Care Provider? Presbyterian NMPSIA members could receive a \$25 Amazon gift card.

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