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Solutions  
Group

Making Great Companies  
Better Places to Work

# Work & Wellbeing



New Mexico  
Public Schools  
Insurance  
Authority



NMPSIA  
Wellness



## Monthly Wellness Webinar:

### The Mediterranean Diet

By now you've probably heard that research has shown that the Mediterranean diet is one of the healthiest around. This webinar will present some of the evidence to support this eating pattern, and how to apply the flexible principles to your lifestyle, including foods to add to your plate.

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

**Tuesday, May 21st  
12:00PM**

[Register here.](#)



## The Magnificent *Mediterranean Diet*

Why are people flocking to the Mediterranean diet? With lots of delicious, healthy foods, this way of eating is satisfying, good for you, and easy to follow.

Based on the traditional diets of people in olive-growing areas near the Mediterranean Sea, this diet showcases vegetables and fruits, whole grains, beans, olive oil, nuts, and herbs and spices. It also includes poultry, eggs, cheese, and yogurt, and a daily glass of wine can accompany a meal.

"The Mediterranean Diet is a way of eating and living well, not a set of diet rules and restrictions," says Good Measures registered dietitian Caroline Carney. "Because it's a lifestyle that involves being social, you can easily enjoy meals with friends and family."

The Mediterranean diet can help reduce the risk of cardiovascular disease, type 2 diabetes, cancer, and stroke, as well as depression and Alzheimer's. If you love food and aspire to live healthy, here's how you can get started:

Build your diet around:



## Say Good-bye to Bad Habits

Experts say that to stop an unhealthy habit, you must replace it with a healthy habit. Here's how to get started.

- Set a date. Make a plan for when you intend to quit your bad habit. Put it in your calendar or planner.
- Stop the triggers. For instance, don't eat in front of the T.V. if you tend to overeat while watching it. Eat at a table without distractions.
- Keep track. Anytime you avoid your unhealthy habit, write down your victory. You'll see how far you've come. This can help you stay motivated.
- Be kind to yourself. Promise yourself a healthy reward when you meet a certain milestone. And, don't focus on setbacks or mistakes. Instead, be proud of the things that you did well.

Source: National Institutes of Health

### Work & Wellbeing

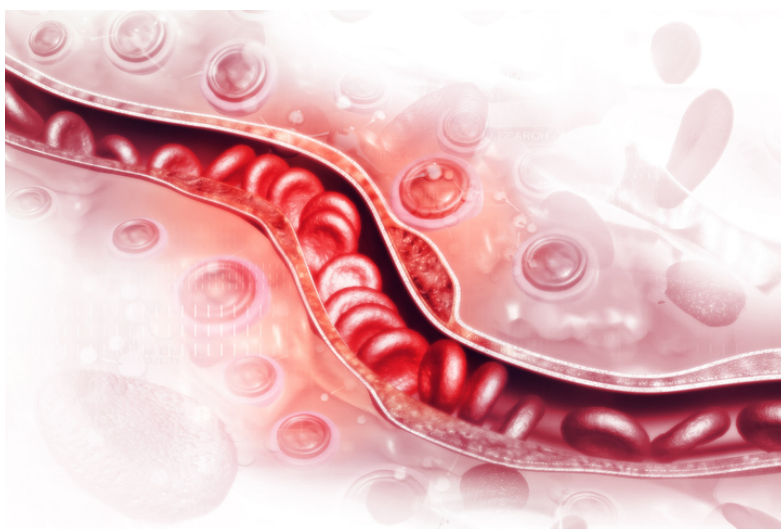
is a monthly publication for employees covered by the New Mexico Public Schools Insurance Authority (NMPSIA) under Presbyterian Health Plan. This publication is

- Vegetables and fruit to boost your intake of fiber, antioxidants, and vitamins.
- Whole grains and cereals that are rich in fiber: brown rice, quinoa, polenta, millet, oats; rice, corn, or semolina (wheat) pasta.
- Legumes such as lentils and beans (cannellini and chickpeas).
- Fish at least twice a week, for protein and heart-healthy omega-3 fatty acids.
- Extra-virgin olive oil, avocados, and nuts for heart health.
- Herbs and spices to enhance flavor and increase your intake of plant nutrients.
- Cheese in small amounts (the size of a pair of dice) and lowfat or nonfat yogurt or kefir. Fermented dairy foods help digestion.
- A daily glass (5 ounces) of red wine for women or two for men (if you drink alcohol). Red wine has been linked with heart health.

Easy ways to follow the Mediterranean diet:

- In restaurants, choose entrees based on vegetables and grains.
- For faster home cooking, buy precut, prewashed veggies, and canned beans (low- or no salt).
- Stock up on frozen fish, vegetables (no salt), and fruit.
- Use a variety of grains, legumes, nuts, and herbs and spices.
- Use olive oil instead of butter in cooking.
- Finish your meal with seasonal fruit and a few nuts or some cheese.
- Eat lunch with friends or co-workers, then wrap up with a short walk.
- Bring your favorite Mediterranean dishes to shared-dish events.

*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 to know about

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## *Blood Clots*

Healthy blood is designed to clot. When blood clots, it prevents heavy bleeding. But, if a clot happens inside a vein, it can be dangerous. This is called a deep vein thrombosis (DVT). Sometimes, the blood clot may move through the body and get stuck in the lungs. This is called a pulmonary embolism (PE).

### **SIGNS OF A CLOT**

Signs of a DVT or PE include:

- Swelling, tenderness, redness or warmth in one area of the body
- Chest heaviness or pain
- Sweating
- Feeling out of breath
- Weakness or fainting
- Fast heart beat
- Feeling of impending doom

### **KNOW YOUR RISK**

Certain things make you more likely to get a blood clot. They include:

- Recent surgery or an injury
- Being in bed for long periods
- Not moving a certain body part, such as a broken leg
- Sitting for a long time, including during travel
- Higher levels of estrogen from birth control pills, pregnancy or hormone replacement therapy
- Medical conditions, such as cancer, Crohn's disease, ulcerative colitis, heart disease, blood clotting disorders or lung disease
- Obesity
- Smoking
- History of atrial fibrillation (A-fib)

### **REDUCE YOUR RISK**

Talk about your risk with your doctor. You can lower your risk of getting a blood clot by:

- Getting up from sitting at least every two hours
- Moving around after surgery or being in bed for a long time
- Moving legs and feet while on plane trips
- Wearing loose-fitting clothes while sitting for a long time
- Exercising regularly
- Wearing compression stockings if recommended by your doctor

### **WHAT TO DO?**

If you think you or a loved one might have a blood clot, see a doctor right away. A blood clot can be treated if it's caught early. Sometimes, doctors use medicines that dissolve the clot. Other times, doctors will perform surgery to remove the clot.

## Forgetting the *'Perfect' Family*

### REAL WORLD FAMILIES

Though television shows may portray happy families, every family has disagreements and conflicts. Spouses and partners must work hard to maintain a healthy relationship. This can be difficult, even for happy couples. Disagreements between parents and children are also bound to happen. Expect problems, obstacles and arguments. The solution is not to avoid these things. Rather, it's to learn how to work through them. If you have ongoing problems with your spouse or kids, talk to your doctor. They may recommend seeing a counselor or family therapist. Remember, there's nothing wrong with asking for help.



### CONTROLLING YOUR KIDS

Many parents believe that what their kids do is a direct result of their parenting. This can put a heavy burden on parents. Remember that children are individuals and may do things that you've taught them not to do. This doesn't mean you've failed as a parent. Your job is to show each child that they are loved and accepted. Help them learn ways they can succeed, teach them respect for others and help them see their place in the world. This is a huge task, and there's no "right way" that works for every child. Although you can influence and shape your children, ultimately you cannot control them.

*Source: American Academy of Pediatrics; 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](mailto:nmpsia.coaching@phs.org) to sign up.

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

Wellness Webinar: The Mediterranean Diet, May 21, 12:00PM

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

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