



**New Mexico
Public Schools
Insurance
Authority**



NMPSIA
Wellness

NMPSIA August 2020 Work and Well-being Newsletter

This month's articles:

- How to create sheet pan meals,
- Information on vaccines and autism,
- Warning signs of mental illness,
- Upcoming webinars and programs.

August Wellness Articles

Sheet Pan Meals



Preparing more meals at home is the new reality. Many of us are learning as we go! Whether you're new to cooking, trying out new recipes, or creating more balanced meals, nothing beats having a library of easy recipes to turn to. Sheet pan meals are great way to make a quick, tasty meal in no time!

[CLICK HERE](#) for instructions on pan meals as well as recipes.

Vaccines & autism: The facts

Autism spectrum disorder (ASD) is a brain disorder that happens while the brain is developing. It can cause challenges with social, communication and behavioral skills. Although experts don't know all the causes of autism, they do know one thing: vaccines and autism are not linked. Vaccines are safe.

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

Well-being Tip

Warning Signs of Mental Illness

Mental illness affects many people. It can include conditions like depression, anxiety and bipolar disorder. Many times, a person will show early signs of mental illness. This means they can get medical help before the condition becomes serious.

To find out more..... [CLICK HERE](#).

Upcoming Wellness Webinars

These webinars listed below are available
to ALL NMPSIA Members

Managing Your Blood Pressure

We know that high blood pressure can be dangerous. Learn how blood pressure influences stroke risk as well as other health related conditions and how to reduce your risk with attainable lifestyle modifications.

Tues, August 11, 3:30 p.m. [REGISTER HERE](#)

Mindfulness Stress-Based Webinar

What To Do When You're Freaking Out

Join Michelle DuVal as she shares mindful strategies for keeping your cool, even if the world is spiraling around us. Simple, grounding techniques and practices designed to help increase calm and inner stillness, and an incredibly powerful practice for moving ourselves out of the dreaded "freak out" zone.

Use Coupon Code: nmpsi mindfulness2020

Saturday, August 22nd, 10:00 a.m.. [REGISTER HERE](#)

New Programs Coming!

Mindfulness for Anxiety, Worry, Depression, and Pain

If high stress is getting the better of you, join us for this important 4-week online course. All lessons are delivered right to your inbox. For more information....[CLICK HERE](#).

September 9th-Sept 30th [REGISTER HERE](#)

Beginning Again: Mindful Preparation for the New at-work Norm

It's not too late! There are still available spots for this program. This 3 lesson program will teach you everything you need to enter into this new At-work, At-life norm. With easy-to-integrate practices that will help ease your resistance, overwhelm, anxiety, and increase your sense of calm and well-being.

July 27th-August 10th [REGISTER HERE](#)

Other Wellness Programs

These programs listed below are available
to NMPSIA Presbyterian Members



good measures™

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 or call 888-320-1776

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 to register or find out more.

Presbyterian Video Visits

Need to see a provider right now? Seeing a medical provider for your non-urgent medical questions just got a whole lot easier, more convenient, and affordable.

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

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