



**New Mexico  
Public Schools  
Insurance  
Authority**



**NMPSIA**  
*Wellness*

## **NMPSIA April 2021 Work and Well-being Newsletter**

This month's articles:

- Blue Zone Diets
- Move Your Body
- Tips for strong relationships, better health
- Upcoming webinars

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### **April Wellness Articles**

#### **The Blue Zone diets: the secret to a longer, happier life**



There are regions in the world where people seem to live forever, known as the Blue Zones. These places have the highest proportion of people living past 100. Researchers have gone to

these regions to find out how the world's healthiest people eat.

[CLICK HERE](#) to learn more.

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## **No time to exercise? Move your body instead**

Exercise is great for your health. But sometimes it's hard to fit it into a busy schedule. Don't worry --- you can do movement instead.

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

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## **Upcoming Wellness Webinars**

These webinars listed below are available  
to ALL NMPSIA Members

### **Financial Wellness**

Financial wellness is the ability to have a healthy financial life. It means your debts are payable and you have ample emergency, retirement funds, and you're well prepared to handle any financial crisis. Join us in this webinar to help you set goals and make a habit of building emergency savings and managing debt.

**Tues, April 13, 3:30 p.m. .... [REGISTER HERE](#)**

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### **Be Well Behavior Change**

#### **10-week email based program**

This 10-week behavior change program contains 3 phases covering tools, action and next steps. Program guides participants in identifying goals, structuring their support system, developing strategic skill sets, and creating an appropriate action plan based on identified state of change. Program includes

one-on-one sessions with a health coach. **Program starts April 12th.**

[WATCH VIDEO](#)

[REGISTER HERE](#)

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## Resilience Series

Rapid change is transforming our business, professional, political, scientific and personal environments - our success and happiness depend on our coming to terms with these changes and tapping into our inherent resilience as human beings. Added to this global pandemic and the accelerating pace of change puts new demands on how we must think and behave in order to thrive in this whirlwind era of lives. This series provides research-based strategies for coping with and building resilience through the challenges of exponential change during the pandemic. **Series begins on March 3rd and ending the last weeks of June. You may register for one or all four.**

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

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## NEW!!!

## Want to bring more mindfulness into your life?

We have you covered! Join **Life on Mindfulness** for access to:

- Weekly Drop In Meditation Sessions on Zoom: Monday's & Thursday's 12-12:20pm
- Twice Monthly Drop In Workshops, 1st and 3rd Saturday every month: 10-11am Topics include:
  - Mindfulness for True Stress Reduction

- Mindful Eating
- Mindfulness at Work
- Mindfulness for Better Sleep and so much more!

These sessions will be led by Michelle DuVal, MA, Director of The Mindful Center. Come to all the sessions or just drop in when your schedule allows!

[REGISTER HERE](#)

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## Well-being Tip

### **Strong relationships, better health**

Our connections to others are vital to our health. Relationships make people happier. Relationships also lower anxiety and depression. Wondering how you can form new or stronger connections with people?

[CLICK HERE](#) to try these tips.

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## Other Wellness Programs

These programs listed below are available  
to NMPSIA Presbyterian Members

### **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.

## Presbyterian Virtual Visits

See a provider anytime, day or night. This option offers a new way to see a medical provider for non-emergency medical conditions via secure video through a smartphone tablet or computer webcam.

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

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