



**New Mexico
Public Schools
Insurance
Authority**



NMPSIA
Wellness

NMPSIA July 2021 Work and Well-being Newsletter

This month's articles:

- Grilling Tips
- Eat your vitamins for good health
- UV Safety
- Be kind to yourself
- Upcoming webinars and programs

July Wellness Articles

7 Go-to Grilling Tips and Tricks

Grilling during the warmer months is both delicious and a great way to get outdoors. But, we now know that cooking meat at high temperatures can produce chemicals that may



increase the risk of cancer. [CLICK HERE](#) for some tips and tricks for making grilling safer without giving up great taste.

Eat your vitamins for Good Health

Vitamins play a powerful role in supporting the immune system. These three vitamins are some of the best for immune system support.

- **Vitamin D:** Eat foods like fortified milk, cereal and fatty fish, like salmon. Spend 15 minutes a day in the sun to get a good dose of vitamin D. Or take a daily 1,000-4,000 IU supplement.
- **Vitamin C:** Eat citrus fruits, tomatoes, potatoes, strawberries, peppers, broccoli, Brussels sprouts and kiwifruit.
- **Zinc:** Eat red meat, poultry, fortified cereal, whole grains, beans and nuts.

Dietary supplements can also be a good option, but be sure you talk to your doctor first. Dietary supplements can cause undesirable side effects, especially if taken with other medications or if taken in large doses.

Source: Centers for Disease Control and Prevention

UV Safety

Sitting in the warm sun can be great for your mental health and your daily dose of vitamin D. But too much sun exposure can pose a big problem. Before you get some rays, plan ahead so your fun in the sun doesn't end with a painful sunburn.

To read more on UV Safety[CLICK HERE](#).

Upcoming Wellness Webinars

These webinars listed below are available
to ALL NMPSIA Members

Clean Space, Clear Mind

Whether you multipurpose your space or just want to see what the top of your desk looks like again, this is your opportunity. In addition to learning practical ways to sell, store or donate your no-longer-used items, you'll be motivated by learning how decluttering has many benefits to your mental, physical and emotional health.

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

NEW!! Working Well with Mindfulness

Register now for Working Well with Mindfulness. You will have 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!

July Schedule

- Saturday July 3, 10am-11am MDT
 - Mindfulness and Challenging Relationships
- Saturday July 17, 10am-11am MDT
 - Mindfulness and the Path Toward Belonging

Success Over Stress

Be Kind to Yourself

We live in a hectic and complicated world, that can be difficult to navigate. Nobody is perfect, yet you may feel like you must strive to measure up to impossible standards. Or, you may struggle to accept mistakes and failures in your life. But you can overcome this by practicing self-compassion.

Self-compassion means learning to be kind and understanding to yourself. It may take time, but with practice, you can learn to accept yourself for exactly who you are, even your imperfections.

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

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 to register or find out more.

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

Ready to earn \$75 in Amazon Gift Cards?

[NMPSIA Wellness Rewards](#)

Earn up to \$75 in Amazon.com gift cards by participating in select wellness activities. Visit Wellness at Work through MyChart for more information on how to earn points for your reward.

To read more about NMPSIA's Wellness Rewards[CLICK HERE.](#)

Copyright © 2021 The Solutions Group a division of Presbyterian Healthcare Services, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).