



NMPSIA June 2020 Work and Well-being Newsletter

This month's articles:

- Foods that will help you heal,
- Information on cataracts
- Other upcoming programs.

June Wellness Articles

Foods That Will Help You Heal From Illness, Wounds, and Stress



Nutrients can even make you better able to deal with stress. Use good nutrition to help your body heal from wounds and regain muscle strength after you've been injured. Good Measures can give you tailored suggestions so that you get the right nutrients to heal with foods that you like. When healing from an injury or illness, you can use food as medicine!

For more ideas on healing foods [CLICK HERE](#).

What Are Cataracts?

A normal lens inside the eye is clear. Cataracts happen when the proteins in the eye's lens start to break down. Then they clump together. This causes

cloudiness and problems with your vision. Cataracts may occur with normal aging. But they can also happen after an eye injury or if you had eye surgery. For more information on cataracts and treatment, [CLICK HERE](#).

Upcoming Wellness Webinars

These webinars listed below are available
to ALL NMPSIA Members

Active Listening

Active listening helps listeners better understand others' perspectives and helps speakers feel more understood and less threatened. This technique can prevent miscommunication and spare hurt feelings on both sides. By improving communication and preventing arguments from escalating, active listening can make relationships more enduring and satisfying.

Thursday, June 9, 12 p.m. [REGISTER HERE](#)

Mindfulness Stress-Based Webinar

Stepping Off the Emotional Roller Coaster with Mindfulness

There's another way to live your life than the emotional roller coaster and it's available to each of us through mindfulness meditation.

[Read more.....](#)

Use Coupon Code: nmpsiaindfulness2020

First and third Saturdays of every month.

starting, June 6, 10:00 a.m.. [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.

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