



**New Mexico  
Public Schools  
Insurance  
Authority**



**NMPSIA**  
*Wellness*

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

This month's articles:

- Power foods for brain health & well-being
- Benefits of olive oil
- Anxiety remedies
- Contact lenses
- Upcoming webinars and programs

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### **June Wellness Articles**

#### **Eat your way to a better mood**

Eating certain foods may help keep your brain in top working order. Even better, a brain healthy is great for your overall well-being and may also



help prevent Alzheimer's and cognitive decline.

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

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## The Health Benefits of Olive Oil

Oils are high in fat and calories--so why does olive oil have a reputation as a health food? Not all fats are unhealthy if you consume small to moderate amounts. Extra virgin oil is a healthy choice because:

- It's high in monounsaturated fats. These fats lower your bad cholesterol, decreasing the risk of heart disease and stroke.
- It's low in saturated fat. Eating high amounts of saturated fat can raise cholesterol levels. When you replace saturated fats with healthier ones like olive oil, you can lower your risk of heart disease. Examples of foods with high saturated fats include fatty meat, cream, lard, butter and cheese.

Use extra virgin olive oil in place of lard, butter or coconut oil to increase healthy fats in your diet.

*Source: American Heart Association*

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## 5 Things to know about natural anxiety remedies

Nearly everyone has anxiety at times. Stressful situations and important events can make you feel edgy or anxious.

To read more on anxiety remedies.....[CLICK HERE](#).

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# Upcoming Wellness Webinars

These webinars listed below are available  
to ALL NMPSIA Members

## Active Listening

Communication skills are beneficial in and out of the workplace. Having the ability to clearly communicate instructions, ideas and concepts can help you succeed in your personal life and career. Join us on June 8th to learn more about active listening.

Tues, June 8, 3:30 p.m. .... [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 ending the last week of June. You many register for one or all four.**

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

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## 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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## Financial Health

### **Shopping around for Contact Lenses**

Many people wear contact lenses. But you don't have to buy your contacts from your care provider. You can choose to get your contacts prescription from your provider and then shop around for lenses.

[CLICK HERE](#) to read more about shopping around for contact lenses.

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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 Community Health Workers

Presbyterian Health Plan Community Health Workers (CHWs) work and live in the same communities as you and I, through special training, they are a great resource to help you get what you need to stay as healthy as possible.

To read more about Presbyterian's Community Health Workers .....[CLICK HERE](#).

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