



**New Mexico
Public Schools
Insurance
Authority**



NMPSIA
Wellness

NMPSIA March 2021 Work and Well-being Newsletter

This month's articles:

- Weight Loss that lasts
- Help for restless legs
- Upcoming webinars

March Wellness Articles

Weight Loss that Lasts: Registered Dietitian Secrets for Success



There are many approaches that can help you lose weight and keep it off. Good Measures registered dietitians share their strategies for healthy and sustainable weight loss that doesn't require you to give up your favorite foods.

[CLICK HERE](#) to learn more.

Help for Restless Legs

Do you feel a twitchy, jumpy feeling in your legs when you sit or lie down? Do you have a urge to move your legs when you go to bed at night? If so, you may have restless legs syndrome (RLS).

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

Upcoming Wellness Webinars

These webinars listed below are available
to ALL NMPSIA Members

Gut Health

The gut is often referred to as the second brain. Having at least as many neurons as the brain, it maintains key functions in the regulation of various neurotransmitters and the immune system. Find out why probiotics (the good bacteria) are so important and what foods to eat to improve and maintain optimal gut health.

Tues, March 9, 3:30 p.m. [REGISTER HERE](#)

Kitchen Confidence

Four-week email based program

NMPSIA members will receive weekly instructional videos. These classes will build essential skills such as how to perfectly pair ingredients, choosing recipes that won't break your budget, and properly utilizing a kitchen knife for safe and optimal food preparation. **Program starts March 8th.**

[REGISTER HERE](#)

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](#)

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](#)

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](#)

Exercise Corner

Tips for Exercise after Knew Replacement

After a knew replacement, you may want to get back on your feet. Follow these tips when you're ready to exercise again:

- Ask your doctor before you try any any exercise.
 - Continue to do the exercises your doctor or physical therapist prescribed.
 - Consider swimming, biking, and walking, as they're easy on the knees.
 - Limit or avoid high-impact exercise like running, skiing or racquetball.
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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 to register or find out more.

NMPSIA Wellness Rewards

Earn up to \$75 in Amazon.com gift cards by participating in select wellness activities. To find out more..... [CLICK HERE](#).

Questions? Contact NMPSIA.wellness@phs.org

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