



“We must find time to stop  
and thank people who make  
a difference in our lives.”

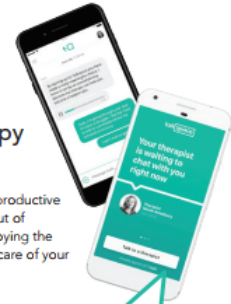
*John F. Kennedy*



# TALKSPACE RESILIENCE SERIES

## Talkspace for Behavioral Health

Mind Your Mental Health with Messaging Therapy  
A new solution for emotional wellbeing



Mental health affects every aspect of our lives. When you feel good, you are more productive and happier, and you can handle life with more ease. When your mental health is out of balance, like when you are stressed or worried, it can keep you from doing and enjoying the important things in your life. Just like you take care of your body, you need to take care of your mind. Magellan makes it easy to do that with messaging therapy from Talkspace.

### What is messaging therapy?

Messaging therapy enables you to find and communicate with a therapist anytime via your web browser or the Talkspace secure mobile app. No more having to wait months for an appointment or needing time off to visit a therapist in a busy office. With Talkspace, you can participate in therapy at a time and place that is convenient for you.

Talkspace therapists have a proven track record of using messaging therapy to help with a variety of conditions including anxiety, depression, substance abuse, panic and bipolar disorders, all of which can be debilitating if not treated. They can also help manage the unique challenges some people face, like being a single parent, a veteran or a member of the LGBT community.

### How it works

With Talkspace there are no appointments. You can send your therapist a message whenever you need to, and they will engage with you daily, five days a week. With a network of over 2,000 trained, licensed therapists, Talkspace will connect you with a dedicated therapist based on your needs, preferences, therapist availability and expertise. You can contact your therapist through unlimited text, video and audio messages.

### What's in it for you?

For some people, traditional in-person therapy can be intimidating, difficult to arrange, time consuming and expensive. For others, a lack of appointment availability or coverage in remote areas may cause access difficulties.

*"I absolutely love the ability to text, video message, or voice message whenever I need support. The growth I have been able to accomplish in less than a year is far more than I ever was able to get from visiting a therapist in person for years on end."*  
— Amanda, Talkspace User

### With Talkspace you can:

- Engage with a therapist the same day that help is needed, not weeks later.
- Get matched to a therapist based on your unique needs.
- Develop a one-on-one relationship with the same therapist throughout your engagement.
- Live a happier, healthier life.

### Getting started

- Go to [www.talkspace.com/php](http://www.talkspace.com/php) to access the program.
- Enter information about yourself.
- Fill out the section about your history and preferences.
- Select a therapist.

*\*Members on qualified High Deductible plans will be responsible for the cost of the services until they have met their deductible and co-insurance requirements. High Deductible members can go to talkspace.com to access the self-pay option.*



## Helping you with Resources for

# RESILIENCE

The global pandemic and subsequent accelerated pace of rapid change are transforming our professional, political, scientific and personal environments. Our success and happiness depend on our ability to tap into our inherent resilience as human beings and transform how we think and behave in order to thrive in this whirlwind era of our lives.

### We have put together a series that is sure to bring support where needed.

Our Resilience Workshops are one hour long, monthly sessions that provide research-based strategies and tools to help you cope and build resilience.

### Here's how it works:

- Third Thursdays of every month
- 60-min workshops providing a different tool and resource each month
- Monthly themes
  - OCTOBER - How to Deal with Anger
  - NOVEMBER - A Step Forward: Living Through & With the Grieving Process
  - DECEMBER - Finding Forgiveness for Ourselves and Others
- Register by clicking the monthly theme

Starting Thursday, October 21st  
4 p.m. – 5:00 p.m.



Questions? Contact [nmpsia.wellness@phs.org](mailto:nmpsia.wellness@phs.org)



# MINDFULNESS BASED STRESS REDUCTION



## You're Invited!



*Join Us For  
Working Well with Mindfulness*

Join us for Working Well with Mindfulness! Sign-up once and gain access all year-round to different mindfulness programs to suit your different needs.

*We're here to support you.*

*"Be happy in the moment, that's enough. Each moment is all we need, not more." --Mother Teresa*

### To Register

<https://themandful-e-center.com/courses/204/enroll>

Or Scan This Code With Your Phone



**Program Includes:**

- Monthly Drop in Workshops:  
Only one workshop in December 10AM-11AM.
- Weekly Drop In Meditation Sessions, Monday's & Thursday's, 12-12:20 PM.
- December Saturday Topic:  
\*Dec. 18th: Peace Be With You with Mindfulness.

Drop in for whatever programs serve you..... we're here for all of your mindfulness and stress reduction needs!



# MONTHLY SKILL BUILDERS



## Self-Care **BINGO**

**Complete a vertical, horizontal, diagonal or blackout!**

What is your ideal form of self-care? Did you know that self-care is more than massages and face masks? Self-care is important for your wellbeing and can be anything that helps you feel refreshed and rejuvenated, bringing you back into a feeling of balance. Remember, self-care isn't indulgent or selfish, it's vital to being the best version of yourself.

**Use this self-care bingo to see how many you can get during a month.**

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
<b>FREE SPACE</b> You choose! Here's what I did: _____	Taking 5 minutes to breathe	Listen to your favorite song	Read a book	Do a fun workout
Talking with a good friend	Taking time to serve others	Getting 8-9 hours of sleep in one night	Make a healthy breakfast	Take a lunch break
Take a walking break	Write a thank you note	<b>FREE SPACE</b> You choose! Here's what I did: _____	Engage in a non-work hobby	Take yourself on a date (go out or stay in)
Schedule one social media free day a week	Turn off your email alerts	Meditate	Learn the basics of a new language	Declutter a room or space
List 3 good things that happened today	Eat a fruit or vegetable and reflect on it's positive nourishment	Connect with a friend or family member	<b>FREE SPACE</b> You choose! Here's what I did: _____	Compliment yourself

Submit your skill builder to [nmpsia.wellness@phs.org](mailto:nmpsia.wellness@phs.org) by January 10.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Wellness Ambassador: \_\_\_\_\_







# MONTHLY WEBINAR SERIES

Authentic and Sustainable Self-care

December 14, 2021  
3:30pm-4:30pm





# COOKING DEMONSTRATIONS

## COZY CASSEROLES

### COOKING SHOW

#### Healthy and Savory One-Dish Meals!

Casseroles are an easy one dish meal that can feed the whole family. When you are short on time, let the oven do the heavy lifting of cooking your meal and warming your home. Join us as we create nutrient packed versions of some classic casserole meals.

**Thursday, November 18**  
12:00 p.m. - 1:00 p.m.



To Register, [click here](#), or scan the QR code with your smart phone.

Questions? Contact [wellness@phs.org](mailto:wellness@phs.org)



## LIVE COOKING DEMO! Simple, Low-Cost Sheet Pan Dinners

December 8 at 3:30 PM MT

Join Good Measures registered dietitian April Jackson for a live, online cooking demo.

- Learn how to make quick sheet pan dinners that even the pickiest eaters love.
- Get answers to your nutrition, food, and weight management questions.

You won't want to miss this fun, interactive session!

#### SIGN UP IN ADVANCE:

<https://phs-org-corp.zoom.us/meeting/register/tJAtdu-trTkvtPe8JNwsM3b3pAzMfYIzeh>

After registering, you will receive a confirmation email with all the information you need to join.

Learn more about Good Measures health, weight management, and nutrition programs included in your benefits: [nmpsia.goodmeasures.com](http://nmpsia.goodmeasures.com)

