

# Work & Well-Being Newsletter

May 2026



## Mind over MAYhem

Choosing Calm, Clarity and Control

We may not always be able to control the pace, demands, or unpredictability around us, but we can influence how our minds and bodies respond. When stress levels rise, our nervous system often shifts into “react mode,” making it harder to focus, regulate emotions, or think clearly. Simple practices—like slowing your breathing, taking intentional pauses, or grounding your attention in the present moment—help signal safety to the brain and restore a sense of control.

Emotional self-regulation is an important part of our overall mental well-being. It refers to a person’s ability to manage their impulses and emotions. Individuals who can control their emotional reactions are happiest with their lives.

Mind over mayhem doesn’t mean eliminating stress—it means building awareness, flexibility, and resilience so that even during busy or chaotic moments, you can respond with clarity instead of overwhelm.

## Why Sleep Matters for Building Mental Resilience

Sleep is crucial for building mental resilience, which is the ability to handle life's challenges with a clear mind and a calm perspective. Quality sleep helps regulate emotions, manage stress, and face challenges effectively. It is a powerful tool for recharging the mind, restoring emotional balance, and strengthening the ability to cope with stress. Sleep is like a nightly “reset” button for the brain, allowing us to stay sharp and emotionally balanced.

Complete this short, self-paced, interactive e-learning course to learn about sleep and your health.

[Click Here to Start Learning](#)

## Try the S.T.O.P practice

A quick way to practice emotional self-regulation in any situation is by practicing the power of a pause. If we practice a pause before we respond, we slow down to expand the range of choices we have in any situation.

**STOP** to notice the present moment.

**TAKE A BREATH** of fresh of air.

**OBSERVE** your thoughts, emotions, and the sensations in your body without judgment.

**PROCEED** by moving into your next choice giving yourself a moment to choose. Proceed mindfully.

# Monthly Program Updates

Click an image for full flyer and registration links

## BCBSNM Health Education

Brain Health



Tuesday, May 12  
3:30PM

Join to learn what is brain health, reasons why keeping your brain healthy as you age is important, and various tips for keeping your brain healthy.

## TSG Wellness Webinar

Feed Your Feeds: Rewriting Your Digital Environment



Wednesday, May 20  
12:00PM\*

\*Recording Available if Registered  
Your online world has power — the power to inspire, inform, or overwhelm. This session dives into how your social feeds influence your mindset, motivation, and sense of balance. Discover strategies to consciously curate your digital spaces, making them reflect the life you want to build offline.

## BCBSNM Minset Monday

Resilience: Rising Strong



Monday, May 18  
8:30AM\* & 3:45PM\*

Join to learn what is resilience and how it differs from stress management. You will also learn how incorporating resilience into our lives allows us to do more, and steps you can take to build resilience.

\*Only 15 Minutes!

## BCBSNM Wellness Wednesday

Understanding Burnout



Wednesday, May 20  
8:30AM\* & 3:45PM\*

Join to learn the definition of burnout, the causes and risk factors, symptoms of burnout, and tips for prevention and lifestyle management.

\*Only 15 Minutes!

## TSG Cooking Show

Greens, Beans, & Berry Dreams: Eating Well for Mind & Mood



Thursday, May 28  
12:00 PM\*

\*Recording Available if Registered  
May celebrates fresh starts on the plate, aligning with National Salad Month and Strawberry Month. These recipes highlight ingredients that support detox, mental health, and women's wellness while delivering plenty of flavor. Food can be both restorative and indulgent when approached with balance.

Support your emotional well-being with these Podcasts:



Learn how to keep one of the most important organs in your body healthy with [Brain Health](#)



Learn how to [Bounce Back with Resilience](#) for a happier, healthier life



[Try these stress management techniques to lower your stress.](#)

# YOUR MENTAL HEALTH MATTERS- EVERY DAY

Easy access to behavioral health support and mindfulness programs—  
because proactive care makes a difference.

 **PRESBYTERIAN**

**talkspace**

With Talkspace there are no appointments. You can send your therapist a message 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.

Go to [www.talkspace.com/php](http://www.talkspace.com/php)  
to access the program

 **BlueCross BlueShield**  
of New Mexico

 **learntolive**

Evidence-based wellbeing and cognitive behavioral therapy programs, clinician coaching, mindfulness and wellness tools - available **anytime, anywhere.**

## Mental Health Hub

A single destination for all behavioral health needs. Guided support, increased access to providers, and multiple integration points.

For both programs log into [bcbsnm.com](http://bcbsnm.com) and select Mental Health Hub

## “Joy, collected over time, fuels resilience.”

-Brené Brown

**Life on Mindfulness** is an online platform that gives you a clear and dynamic roadmap toward a life of greater health, well-being, and **a lot less stress** through mindfulness. You have access to daily live-guided meditations, exclusive teachings, and short life-enhancing videos.

**NMPSIA members** have additional access to **PREMIUM** content like Youth on Mindfulness, Mini Meditations, and so much more!

## Life on Mindfulness

**Guided meditations, teachings,  
and mindfulness practices**

**REGISTER TODAY!**



 **Mindful Center**

**Mindful Blood Pressure Reduction Program**

**REGISTER HERE**



Discover ways to naturally lower your blood pressure through the power of mindful awareness. In this 3-part online program, you'll focus on practical, easy-to-learn techniques you can use right away.

## Get Fit on Route 66 Walking Challenge

Let the historic Route 66 inspire, delight, and charm you with its unique stops along the way.

BeWell has an activity convertor that is ADA compatible, so all activities can be converted to steps within the activity tracker.

**REGISTER HERE STARTING MAY 18**  
**CHALLENGE RUNS FROM JUNE 1-26**



\*Visit [www.NMPSIA.com/wellness](http://www.NMPSIA.com/wellness) for more information

# Sheet Pan Salmon with Vegetables

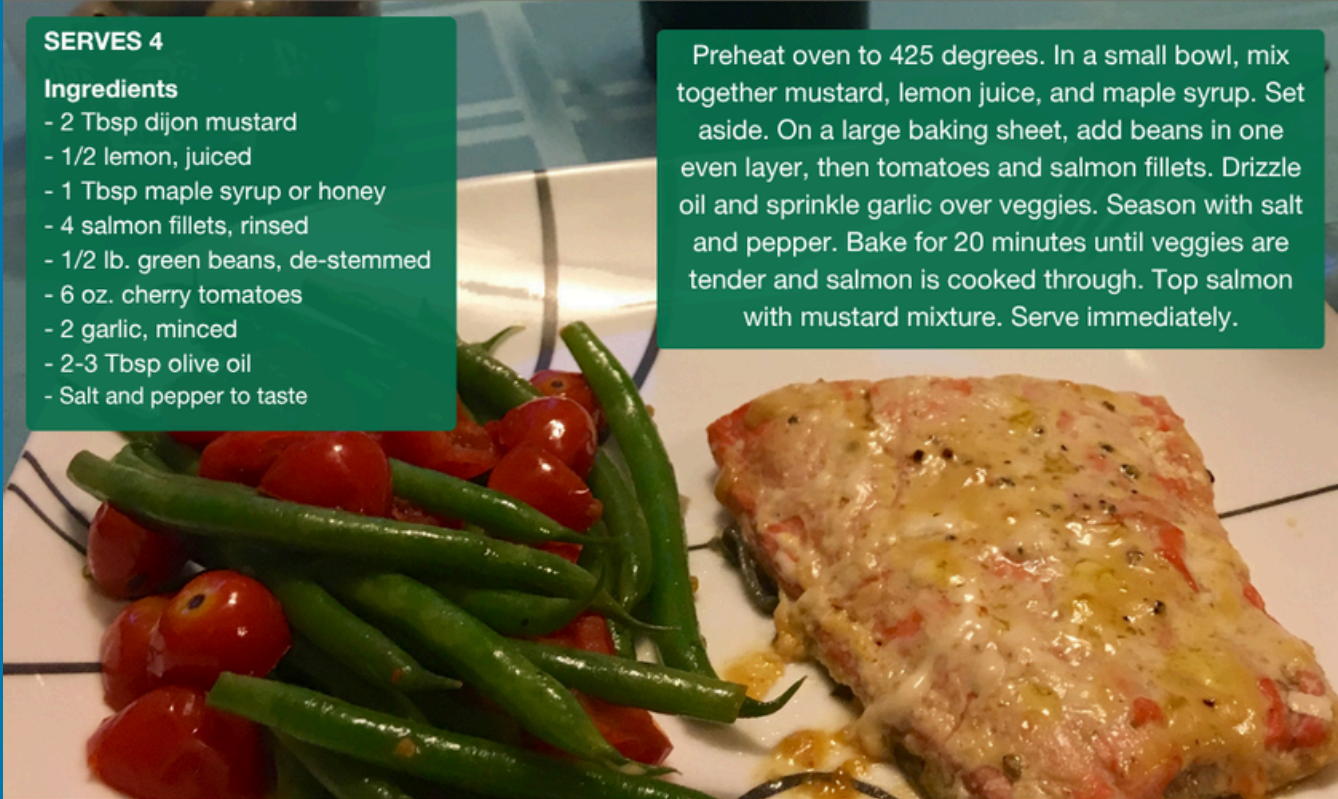
Recipe of the Month

**SERVES 4**

**Ingredients**

- 2 Tbsp dijon mustard
- 1/2 lemon, juiced
- 1 Tbsp maple syrup or honey
- 4 salmon fillets, rinsed
- 1/2 lb. green beans, de-stemmed
- 6 oz. cherry tomatoes
- 2 garlic, minced
- 2-3 Tbsp olive oil
- Salt and pepper to taste

Preheat oven to 425 degrees. In a small bowl, mix together mustard, lemon juice, and maple syrup. Set aside. On a large baking sheet, add beans in one even layer, then tomatoes and salmon fillets. Drizzle oil and sprinkle garlic over veggies. Season with salt and pepper. Bake for 20 minutes until veggies are tender and salmon is cooked through. Top salmon with mustard mixture. Serve immediately.



Nations Nutrition can transform your eating habits and help you embrace a healthier lifestyle at [nmopsia.nationsbenefits.com/nutrition](http://nmopsia.nationsbenefits.com/nutrition).



## Stress Busting Foods

Whole-food diets like the Mediterranean diet are associated with better mental health and lower stress levels.

### Vitamin C



Helps lower the levels of the stress hormone cortisol and lower blood pressure during high-stress situations.

Good sources: Oranges, grapefruit, broccoli, red bell peppers, kiwi fruit, Brussels sprouts, strawberries, watermelon, cantaloupe, lettuce, mangoes.

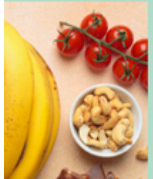
### Complex Carbohydrates

These foods help stabilize your blood sugar, which can prevent mood swings and help you feel more balanced, and provide steady energy without causing crashes that can make you feel tired or anxious.

Good sources: Whole grains, whole fruits (not juice), and vegetables. Try for 100% whole grains: whole-grain bread, oats and oatmeal, brown rice, quinoa.



### Magnesium



Magnesium supports your immune system and may help reduce feelings of stress and anxiety. Studies show that people who get enough magnesium in their diet tend to have lower levels of depression and anxiety.

Good sources: Spinach and other leafy greens, broccoli, tomato juice, tofu, halibut, cashews, artichokes, peanut butter, bananas, salmon, soybeans.

## Are your food choices *boosting* or busting your stress?

### Omega-3 Fatty Acids

Omega-3 fatty acids can reduce stress hormones and help with inflammation. Research shows that people with higher omega-3 levels in their blood tend to have a better response to stress. These healthy fats may also help protect your cells from the damaging effects of stress.

Good sources: Fatty fish such as salmon and tuna, and nuts and seeds such as flaxseeds, pistachios, walnuts, and almonds.



### Dark Chocolate



May improve blood flow to the brain and heart and enhance mood. Studies suggest that eating dark chocolate may help reduce stress hormones and improve how you feel. Choose 70% dark chocolate or higher to get the most flavanols, and enjoy in moderation. Watch out for added sugar by choosing dark chocolate that lists sugar toward the end of the ingredient list on the label.

**Beware:**  
Caffeinated and sugary foods can heighten anxiety and drain energy, while diets high in processed foods are linked to greater stress.