

WELLNESS DESIGNED WITH NEW MEXICO PUBLIC SCHOOLS EMPLOYEES IN MIND

Everything here is free to NMPSIA members and designed to support your overall health.

*An ounce of prevention is worth a pound of cure.
-Benjamin Franklin*

MAY 2026

READY FOR A CHALLENGE



Don't let the momentum stop with Spring into motion!

Join our summer challenge and let the **Historic Route 66** inspire, delight, and charm you! Start in the heart of Chicago and travel through 8 states to the California coast while getting fit and having fun. In this challenge you'll learn something exciting along the way and explore the various towns and cities that showcase the character of American culture along the iconic, Route 66.

Link/Registration opens May 18th
Challenge Details: June 1 – 26



[REGISTER
HERE](#)

COUNT ON THIS ALL MONTH LONG



Full Body Workplace Stretching Program

On-Demand program available through December 31, 2026

Register for our 6-week email-based program to learn proper stretching, increase blood flow to your muscles, re-energize, and integrate stretch breaks into your daily routine.

[JOIN
NOW](#)



Mindfulness Program: Mindful Blood Pressure Reduction Program

In this 3-part online program, you'll focus on practical, easy-to-learn techniques you can use right away.

Every lesson includes two downloadable guided meditations designed to calm your nervous system, ease stress, and support healthy blood pressure.

[JOIN
NOW](#)



ACCESS ANYTIME

[JOIN
NOW](#)

Life on Mindfulness
On demand stress relief through mindfulness



Mental Health Hub:
BCBS Members have access to this mental health platform.



TalkSpace: Presbyterian Members have access to this therapy messaging platform

HAPPENING THIS MONTH

MARK YOUR CALENDARS!
DETAILS AND REGISTRATION
ON THE NEXT PAGE!
DON'T MISS OUT!

MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12 	13	14	15	16
17	18 	19 SUMMER CHALLENGE REGISTRATION OPENS	20 	21	22	23
24	25	26	27	28 	29	30
31	1 SUMMER CHALLENGE RBEGINS	2	3	4	5	6

TSG MONTHLY WEBINAR:
Feed Your Feeds: Rewriting Your Digital Environment
Wednesday, May 20
NOON – 1:00 PM

TSG MONTHLY COOKING SHOW:
Greens, Beans, & Berry Dreams: Eating Well for Mind & Mood
Thursday, May 28
NOON-1:00 pm

BCBS WEBINARS:

Brain Health
Tuesday, May 12
[3:30 p.m.](#)

Resilience: Rising Strong
Monday, May 18
[8:30 a.m](#) and [3:45 p.m](#)

Understanding Burnout
Wednesday, May 20
[8:30 a.m](#) and [3:45 p.m](#)

ON DEMAND

Podcast: Try these stress management techniques to lower your stress.



FLYERS

Work & Well-Being Newsletter
Attached

TSG May Observance Poster: Feed Your Feeds-Protecting Your Mental Bandwidth
Flyer attached in both English & Spanish

Well Balanced Newsletter: Sleep & Your Health- What to Know and What to do
Attached

Presbyterian TalkSpace
Flyer Attached

BCBS Learn to Live
Flyer Attached

MAY - WEEK 1

HEALTHY HABIT INITIATIVE

Healthy Habit 5 of 12:
Drink 8 glasses (about 64 oz) of water every day for the entire month.

MAY - WEEK 2

MAY - WEEK 3

*Recording available after registration

LIVE WEBINAR



Brain Health
Tuesday, May 12
3:30 p.m.

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.

MAY - WEEK 4

8:30AM

3:45PM

Resilience: Rising Strong

LIVE WEBINAR

Monday, May 18
8:30 a.m and 3:45 p.m

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.



8:30AM

3:45PM

Understanding Burnout

LIVE WEBINAR

Wednesday, May 20
8:30 a.m and 3:45 p.m

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



Feed Your Feeds: Rewriting Your Digital Environment

Wednesday, May 20
NOON – 1:00 PM

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.

[Click here to Register](#) or scan the QR code

REGISTER NOW

MAY - LAST WEEK!



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

Thursday, May 28
NOON-1:00 pm (Recorded and sent to all 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. With crisp vegetables and nutrient-dense dips, this month proves that food can be both restorative and indulgent when approached with balance.

[Click Here to Register](#) or scan the QR code