WELLNESS DESIGNED WITH NEW MEXICO PUBLIC SCHOOLS EMPLOYEES IN MIND

BROUGHT TO YOU BY New Mexico Public Schools Insurance Authority | NMPSIA Wellness

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

"Take care of your body. It's the only place you have to live." — Jim Rohn

NOVEMBER 2026

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

NEW! On-Demand Mindfulness Program: Walking Into Mindfulness

Join Michelle DuVal, MA, for Walking Into Mindfulness.

A new lesson is released each week for three weeks, giving you time to practice and experience each approach before moving on to the next.

JOIN NOW

BRING ON THE CHALLENGE



Walktober Was Just the Beginning!

Keep up the fun and the momentum! You can start a new walking challenge at any time throughout the year.

Click Here to Start a Challenge

OR Scan the QR code to Register

Choose from dozens of themes and invite your colleagues, too!

Ask us about how to access prizes to increase participation.

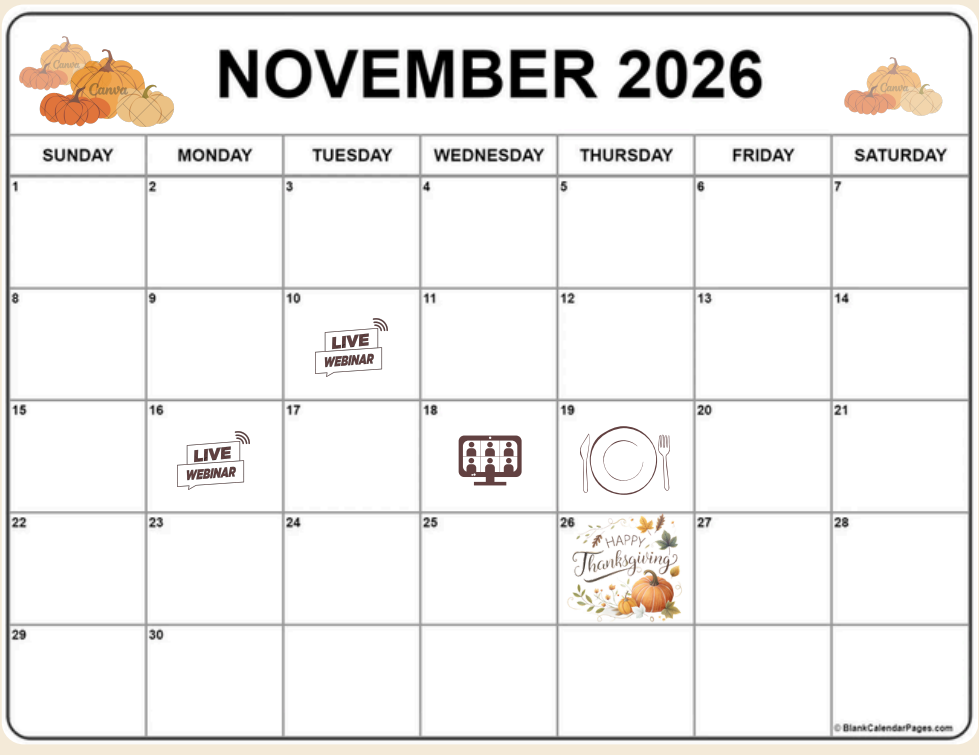
ACCESS ANYTIME

NEW LINK for life on mindfulness!
Click Here to Register

Life on Mindfulness
On demand online platform that gives users a clear and dynamic roadmap toward a life of greater health, well-being and a lot less stress through mindfulness.

HAPPENING THIS MONTH

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



TSG MONTHLY WEBINAR:

Pain, Pain, Go Away: Injury Insights

Wednesday, November 18
NOON – 1:00 PM

TSG MONTHLY COOKING SHOW:

Gobble Up Goodness: Carbs That Care for You

Thursday, November 19
NOON-1:00 pm

BCBS WEBINARS:

Stress Less; Live More
Date: Tuesday, November 10
Time: 3:30 p.m.

Healthy Holiday Eating
Date: Monday, November 16
Time: 8:30 a.m. and 3:45 p.m.

Setting the Table for Healthy Eating
Date: Monday, November 16
Time: 8:30 a.m. and 3:45 p.m.

ON DEMAND

Podcast: Celebrate mindful eating during the holidays in order to enjoy them with peace and self-care - Healthy Holiday Eating tips

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

Podcast: Find your calm with this mindful breathing podcast.

FLYERS

Work & Well-Being Newsletter
Attached

TSG Observance Poster- Pain, Pain, Go Away: Rethinking the Pain Signal
(Flyer attached in both English & Spanish)

Nations Nutrition Article: Food Focus: Winter Squash
Attached

Well Balanced: Family Caregivers Month: Building Caregiver Support Network
Attached

Presbyterian Fitness Pass
Attached

BCBS Fitness Program
Attached

NOVEMBER - WEEK 1 HEALTHY HABIT INITIATIVE

Healthy Habit 11 of 12: Take a moment each day to reflect on 3 things you're thankful for, big or small.

NOVEMBER - WEEK 2

LIVE WEBINAR

Stress Less; Live More
Tuesday, November 10
3:30 p.m.
Join to learn the causes and effects of stress, how your mood and food can affect stress, and stress management tips and techniques to control your stress this holiday season.

REGISTER NOW

NOVEMBER - WEEK 3

REGISTER NOW

Pain, Pain, Go Away: Injury Insights
Wednesday, November 18
NOON – 1:00 PM (Recorded and sent to all registered)
Pain is one of the most common health complaints, but it doesn't have to be a life sentence. We will share practical strategies to strengthen common areas to reduce risk of injury. You will learn about healthy movement habits, body awareness, lifestyle factors that influence pain, and when to seek guidance from healthcare professionals. The session is designed to provide tools and resources that can support long-term health and well-being.
Click here to Register

Gobble Up Goodness: Carbs That Care for You
Thursday, November 19
NOON-1:00 pm (Recorded and sent to all registered)
November celebrates the grounding power of sweet potatoes while honoring steady blood sugar during Diabetes Awareness Month. These dishes show how complex carbs can be satisfying, stabilizing, and packed with nutrients. Comfort and nourishment come together in recipes that fuel resilience.
Click Here to Register

NOVEMBER - HAPPENING BEFORE THANKSGIVING BREAK

8:30AM 3:45PM

Setting the Table for Healthy Eating LIVE WEBINAR
Monday, November 16
8:30 a.m. and 3:45 p.m. *Only 15 Minutes!
Join to learn how to read nutrition facts labels, ways to shop smarter and make healthier choices, and making healthier food choices at home and while eating out during the holiday season.

8:30AM 3:45PM

Healthy Holiday Eating Webinar LIVE WEBINAR
Monday, November 16
8:30 a.m. and 3:45 p.m. *Only 15 Minutes!
Join to learn tips for wisely choosing healthier holiday and party foods, preparing mindful meals with suggested serving sizes, and healthier variations for popular holiday meals and beverages. You will also learn tips on how to stretch your holiday food budget.