

NMPSIA Wellness Events – December



2025

Programs Available all
Month Long

[On-Demand Mindfulness
Program: FINAL MONTH
Walking into Mindfulness](#)

[Life of Mindfulness](#)

Health Education
Podcasts:

- [The Importance of Social Well-Being](#)
- [How Alcohol Affects Health](#)
- [Healthy Holiday Eating Tips](#)
- [Self-Care Meditation](#)
- [Mindful Breathing](#)

**10-Day Workplace
Gratitude Challenge:**
December 8-19

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	2	3	4	5	6/7
8	9 The Power of Social Connection: 3:30 p.m.	10	11	12	13/14
15 How Alcohol Affects Health: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	16	17 The Heart of Caring: Managing Compassion Fatigue During the Holidays: 12:00 p.m. Healthy Holiday Eating: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	18 TSG Monthly Cooking Show – Soul-Soothing Sips and Citrus Bliss: 12:00 p.m.	19	20/21
22	23	24	25 	26	27/28
29	30	31 	Jan 1 	2	3/4