

DECEMBER 2025

WHY WELLNESS

HELPING YOU TO HELP OTHERS!

Your monthly wellness spotlight newsletter

December's Focus is Healthy Holidays

How To Get The Word Out

Use these helpful tips to distribute monthly wellness events to your staff.

- Send as an email notification of upcoming event with flyers attached.
Please reach out to your wellness team at NMPSIA.Wellness@psia.nm.gov if you would like assistance in creating a template.
- Forward to your marketing and communications team to include in employee communications
- Send reminder emails a day or two before events.
- Include information in staff meetings.
- Post the attached flyers in breakroom, on the back of bathroom stalls, nursing rooms, newsletters, internal social media postings.
- Invite your fellow co-workers to attend with you so you can compare notes.

If you would like more information, please reach out to NMPSIA.Wellness@psia.nm.gov

Links You Can Share:

[How To Have Healthier Holidays in 1-2-3!](#)

[10 Tips for a Healthier Holiday Season & Strategies for Success](#)

[4 Mindful Tips To De-Stress This Holiday Season](#)

[6 Mocktail Recipes for the Holidays](#)

Health Education Podcasts

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

December Carrier Wellness Events & Resources

Available to all Employees Regardless of Insurance Coverage

Tuesday, December 9 at 3:30 p.m. - The Power of Social Connection: We will learn why social well-being is important, how it is linked to our overall well-being, three vital components to social well-being, and strategies to improve your social well-being.

Monday, December 15- How Alcohol Affects Health: We will learn how alcohol consumption affects the body, the differences between moderate and excessive consumption, common myths about different alcohols and their usage, and recommended health guidelines for adults of legal drinking age. [Register HERE for 8:30 a.m.](#) or [Register HERE for 3:45 p.m.](#) ONLY 15 MINS!

Wednesday, December 17 at 12:00 p.m. - The Heart of Caring: Managing Compassion Fatigue During the Holidays: Explore compassion fatigue and how to recognize and manage emotional exhaustion. This webinar will equip you with tools for building resilience and staying balanced in times of high stress, especially during the hectic holiday season.

*Recording available after registration

Wednesday, December 17 - Healthy Holiday Eating: You will learn tips for wisely choosing healthier holiday and party foods, preparing mindful meals with suggested serving sizes, healthier variations for popular holiday meals and beverages, and tips on how to stretch your holiday budget. [Register HERE for 8:30 a.m.](#) or [Register HERE for 3:45 p.m.](#) ONLY 15 MINS!

Thursday, December 18 at 12:00 p.m. - Soul-Soothing Sips and Citrus Bliss: Get ready for a warm hug in a bowl that revives your spirit, followed by a bright, tangy treat perfect for any moment. Whether you're craving comfort or a little sweetness, these recipes will bring joy to your table with every spoonful and slice. *Recording available after registration

BlueCross BlueShield Plan Members: VirtualCheckup Home Kit - a convenient, no-cost health checkup. Available at no cost to all health plan covered employees, spouses, and dependents (18+) covered on BCBSNM health plan.

Presbyterian Plan Members: Home Test Kit - A busy life or living in a rural area shouldn't mean missing out on important health care. At-home health screenings make it easy for you to monitor your well-being, right from the comfort of your home.

On-Demand Mindfulness Program: Walking into Mindfulness: FINAL MONTH Discover the art of turning each step into a practice of presence. In this 3-part online program, you'll explore the many benefits of walking meditation and mindfulness — from calming the nervous system and reducing stress, to increasing focus, clarity, and a felt sense of connection with your body and surroundings.

Life of 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.

10-Day Workplace Gratitude Challenge - Challenge Runs December 8-19: NMPSIA Wellness invites you to join a 10-day gratitude challenge designed to cultivate a positive workplace atmosphere before the holiday break. These activities are meant to be meaningful yet manageable, helping you end the year on a positive note.

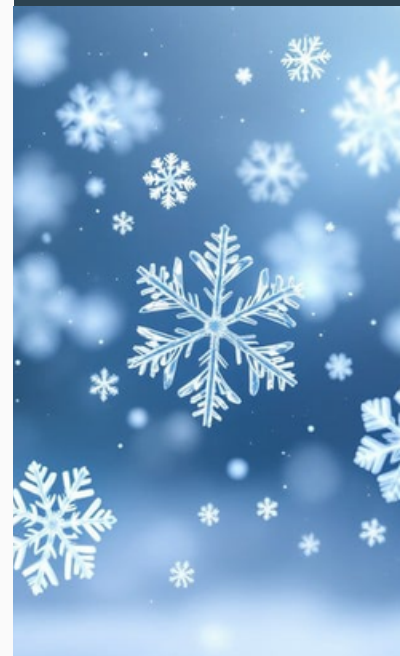
[Submit Challenge Tracker by December 23, 2025.](#) Challenge & Email template attached.

Well Balanced Article: Navigating Holiday Stress- Article Attached

December Observance Poster - Understanding Compassion Fatigue: Article Attached

THIS INFORMATION IS INTENDED FOR EDUCATIONAL PURPOSES ONLY AND SHOULD NOT BE INTERPRETED AS MEDICAL OR FINANCIAL ADVICE.

“WE ARE
LIKE A
SNOWFLAKE,
ALL
DIFFERENT
IN OUR OWN
BEAUTIFUL
WAY.”



ARE YOU PLANNING A HEALTH FAIR?

CONTACT YOUR WELLNESS TEAM AT NMPSIA.WELLNESS@PSIA.NM.GOV 90 DAYS PRIOR FOR ASSISTANCE OR IDEAS.