



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

Work & Well-Being Newsletter

JANUARY 2026



Kickstart your New Year!

The start of a new year often inspires fresh energy and motivation, particularly around health and wellness goals. January serves as a powerful reminder to focus on building sustainable habits that support a healthy, balanced lifestyle. Habits—learned behaviors—play a key role in shaping our daily routines and overall well-being. While many believe it takes 21 days to form a habit, research shows it actually takes about 66 days. Understanding the process of habit formation can help us establish positive routines and break those that no longer serve us.

Want to make progress on those resolutions? Try habit stacking! This is an easy way to incorporate new habits into your current routine to build consistency. For example, if you want to increase your flexibility, you might try stretching for ten minutes after brushing your teeth each morning and night to make stretching a consistent habit. Try it out and see the difference!

Myth: Motivation alone is central to reaching your goals.

Fact: Motivation comes and goes. Lasting change requires skills, strategies, and habits beyond motivation.

Sustainable behavior change isn't about perfection, and it doesn't happen all at once. Real change comes when healthy habits become a natural part of your daily life.

Tips for Forming Healthy Habits That Last!



Start small.



Plan for setbacks.



Incorporate habit stacking.



Set SMART goals.



Celebrate progress!

Monthly Program Updates

BCBS Health Education

Trending in Nutrition

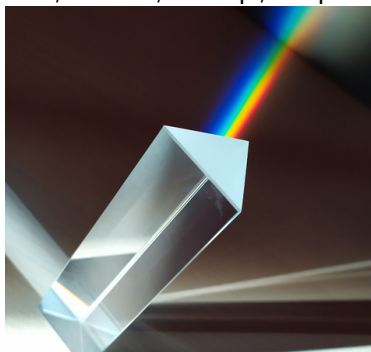


Tuesday, January 20
3:30PM

Join to learn the basics of dieting, the importance of good nutrition, keys to maintaining a healthy weight, and information on popular nutrition trends.

TSG Wellness Webinar

The Energy Trifecta:
Eat, Move, Sleep, Repeat



Wednesday, January 21
12:00PM

This webinar brings participants back to the fundamentals of vitality: food as fuel, movement as momentum, and sleep as restoration. Through science backed strategies and small habit shifts, learn how to align these three essentials to create a more energized, focused, and productive life.

BCBS Minset Monday

Weaving Well-Being
into Our Lives



Monday, January 26
8:30AM* & 3:45PM*

Join to learn about the five essential elements of well-being: career, social, financial, physical, and community. You will also learn how to measure well-being and tips for boosting each element to help you thrive! *Only 15 Minutes!

BCBS Wellness Wednesday

New Year, New You



Wednesday, January 28
8:30AM* & 3:45PM*

In this webinar, you'll learn the top four health resolutions made each year, how to set achievable goals, and helpful tips for becoming more physically active, eating healthier, quitting tobacco use, and reducing your stress.

*Only 15 Minutes!

TSG Cooking Show

Nourish Your Immunity;
Energize Your Year



Thursday, January 22
12:00 PM

January kicks off with foods that warm the body, strengthen immunity, and lay a healthy foundation for the months ahead. With winter's chill, the focus is on nutrient-dense ingredients that steady digestion, boost brain and liver health, and energize mornings.

Podcasts for a Healthy Start to the New Year!



Set Successful S.M.A.R.T. Goals to help clarify your ideas, focus your efforts, use your time and resources productively, and increase your chances of achieving what you want in life.



Learn tips and tricks for Healthy Eating on a Budget



Get back on your health track by Re-establishing an Exercise Routine

GET ON YOUR WELLNESS PORTAL FOR BETTER HEALTH*

 **PRESBYTERIAN**



Assess Your Health

Take the Health Check, a quick lifestyle questionnaire to identify risks regarding nutrition, stress, and safety.



Sync & Track

Connect your wearable device to track steps, activity, and sleep. Monitor trends to improve your daily habits.



Earn Rewards

Presbyterian Plan Members can earn up to \$75 in rewards by participating in wellness activities.

Well onTarget®



Health Assessment

Answer some questions to learn more about your health and receive a personal wellness report.



Digital Self-Management Programs

These interactive resources help keep you on track while making wellness fun!



Earn Rewards

Earn points for wellness activities. Redeem your points for physical gift cards from a variety of vendors.



Mindfulness for Better Sleep & Rest

New On-Demand program from the Mindful Center- available until 3.31.26

Sleep doesn't have to be a struggle. This 4-Part Mindfulness for Sleep & Rest Program* is a calming online course designed to help you unwind your body, quiet your mind, and create space for deep, nourishing rest. Each session offers gentle guidance, soothing meditations, and simple science-backed tools to ease you into sleep and support better rest overall.

Coming in February: Take Charge of Your Health

A 7-week VIRTUAL program to develop behaviors for a healthier lifestyle. This program includes 30-minute weekly educational sessions and a blood pressure cuff.

Open to all NMPSIA Employees

Sleep is your nightly reset.



Researchers found that poorer sleep quality was linked to higher fatigue and lower feelings of physical energy, even after accounting for physical activity, diet.

This means sleep doesn't just help you "feel rested"—it directly shapes how much energy you have available to think, move, cope with stress, and make decisions the next day.

Better sleep makes it easier to eat well and move, and those choices, in turn, protect your sleep and energy.

“Your life does not get better by chance. It gets better by change.”

Jim Rohn

*Visit www.NMPSIA.com/wellness for more information

Golden Overnight Oats

Total Time: Prep 5 min,/Refrigeration at least 4 hrs

Makes: 1 servings

Ingredients

- ⅓ cup rolled oats
- 1 Tbsp ground flax seeds
- ½ cup almond milk
- 1 tsp maple syrup
- dash of cinnamon
- ¼ tsp turmeric
- 1 Tbsp pecans, walnuts or slivered almonds
- ¼ cup of tart cherries



Directions

1. In a storage jar, like a 16-ounce mason jar, combine oats, flax seed, almond milk, maple syrup, cinnamon and turmeric. Stir well to combine.
2. Refrigerate, covered, for at least 4 hours or overnight. Serve topped with tart cherries and nuts.

Nations Nutrition can transform your eating habits and help you embrace a healthier lifestyle at nmopsia.nationsbenefits.com/nutrition.

***Available for PHP members**



What can I do to get better sleep?

Here are some research-backed ways to get better sleep:

- Get physical activity earlier in the day. Avoid intense physical activity close to bedtime.
- Avoid heavy meals, caffeine, and alcohol close to bedtime. These can disrupt sleep quality and make it more difficult to fall asleep.
- Choose foods higher in tryptophan, such as turkey, nuts, and seeds.
- Stick to a sleep schedule. Go to bed and wake up at the same time every day, even on weekends.
- Create a sleep-friendly environment. Keep your bedroom dark, quiet, and cool.
- Avoid screens at least an hour before bed. The blue light can interfere with your body's melatonin production.