

SEPTEMBER 2025

WHY WELLNESS

HELPING YOU TO HELP OTHERS!

Your monthly wellness spotlight newsletter

September is Healthy Aging and Suicide Awareness Month

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:

[What Do We Know About Healthy Aging?](#)

[Healthy Aging at Any Age](#)

[Top Steps You Can Take To Support Healthy Aging](#)

[Healthy Aging Resources](#)

Health Education Podcasts

- [Connect with Your Core](#)
- [Healthy Joint Mobility](#)
- [Upper Body Mobility](#)
- [Maintaining Healthy Hips](#)
- [Mindful Posture](#)

Upcoming Events

- Saturday, September 27:
Mammogram Screening Event -
9:00 a.m. - 3:00 p.m.
Albuquerque - Flyer Attached
- Walktober - Flyer Attached



September Carrier Wellness Events & Resources

Available to all Employees Regardless of Insurance Coverage

Tuesday, September 16 at 3:30 p.m. - Healthy Bones and Joints: We will learn about ergonomics and musculoskeletal disorders (MSDs), the symptoms and risk factors, and tips and stretching techniques for prevention and improvement.

Wednesday, September 17 at 12:00 p.m. - Clean Living, Clear Choices: Detoxing for a Healthier Life: Discover ways to reduce environmental toxins and enhance health through detoxification and clean living. From practical tips on minimizing exposure to choosing better products, this session supports a mindful, toxin-reduced lifestyle.

Monday, September 22- Preventing Lifting and Back Injuries: We will learn about ergonomics and musculoskeletal disorders (MSDs), the symptoms and risk factors, and tips and stretching techniques for prevention and improvement. [Register HERE for 8:30 a.m.](#) or [Register HERE for 3:45 p.m.](#) ONLY 15 MINS!

Wednesday, September 24 - Everyday Back Health: We will learn about back pain, risk factors relating to back pain, tips for maintaining a healthy back, proper lifting techniques, ergonomics with sitting, standing, and driving, and stretching exercises and relaxation techniques. [Register HERE for 8:30 a.m.](#) or [Register HERE for 3:45 p.m.](#) ONLY 15 MINS!

Thursday, September 25 at 12:00 p.m. - Better Breakfast, Better Days: Start Better Breakfast Month with pancakes you'll love—and that love you back! Our blender banana oatmeal pancakes offer fiber and potassium, while blissful blueberry high-protein pancakes keep you full and fueled for a productive day.

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.

Burn Bright, Burn Out Less: Working hard, demonstrating commitment, and caring for others is the standard for so many. But it can take a toll and lead to burnout at work and at home. The new Burn Bright, Burn Out Less program helps you spot early signs of burnout and equips you with tools to care for your well-being and reset your relationship with work.

The program consists of six 10-minute videos with support materials you can explore at your own pace.

Kitchen Confidence: 4-week email series (Starts the day the user registers). Receive weekly emails that will include video demonstrations from a nutrition team, recipes, a challenge, practical tips and resources that will inspire you to improve your kitchen skills for feeding yourself and your family well.

On-Demand Mindfulness Program: 21 Day Meditation Challenge: In this 3-week online challenge, you'll receive a short daily video teaching from Michelle DuVal, director of The Mindful Center. She'll tell you in what order to do the guided meditations for maximum benefit, as well as how to skillfully work through the most common obstacles.

Life of Mindfulness - No passwords required: 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.

Well Balanced Article: Suicide Prevention- Article Attached

The Words We Choose - Flyer Attached

TalkSpace for Behavioral Health- Flyer Attached

Learn to Live: Behavioral Health- Flyer Attached

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

“YOUTH IS
THE GIFT OF
NATURE, BUT
AGE IS A
WORK OF
ART.”

STANISLAW JERZY LEC

Suicide Prevention Month Resources

[SAMHSA - Suicide
Prevention Awareness
Month Toolkit](#)

[NAMI - Suicide
Prevention Month](#)

Magellan On To Better
Health: Self-help tools
and resources - Flyer
Attached



ARE YOU PLANNING A HEALTH FAIR?

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