

NOVEMBER 2025

WHY WELLNESS

HELPING YOU TO HELP OTHERS!

Your monthly wellness spotlight newsletter



- **November is Diabetes Awareness Month**

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Links You Can Share:

[Diabetes: What It Is](#)

[Life With Diabetes](#)

[Learn How Diabetes
Impacts Eye Health](#)

[Nutrition and Diabetes](#)

Health Education Podcasts

- [4 Things You Should Know To
Live A Healthy Life With
Diabetes](#)
- [10 Consejos para el Manejo de
la Diabetes](#)



November Carrier Wellness Events & Resources

Available to all Employees Regardless of Insurance Coverage

Tuesday, November 11 at 3:30 p.m. - Diabetes Explained: We will learn what diabetes is, symptoms of diabetes, various medications and how they interact with your body, and daily steps to good health.

Monday, November 17- Diabetes 101: We will learn about diabetes, symptoms, treatments, and guidelines for management. We will also discuss daily steps you can take for prevention and management. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

Wednesday, November 19 - Diabetes Nutrition: You will learn how nutrition affects diabetes, how to set up a healthy plate, the best carbohydrates to consume, and healthy snacking ideas. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

Wednesday, November 19 at 12:00 p.m. - Sugar Unwrapped: The Real Scoop on Sweetness & Health: Get the facts on sugar's impact on health, exploring the "sugar epidemic" and ways to manage intake for diabetes prevention and control. We won't sugarcoat the practical strategies for making informed choices around this sweet substance for a healthier life.*Recording available after registration

Thursday, November 20 at 12:00 p.m. - Superfoods with Power-Packed Flavors: Celebrate Diabetes Awareness Month with nutrient-rich dishes that taste as great as they are good for you. This superfood broccoli salad is packed with fiber-filled grains, nuts, and seeds, topped with a bright, zesty Sunshine dressing to keep your blood sugar balanced. Paired with crispy roasted Brussels sprouts drizzled in a creamy tahini gochujang sauce, this meal is loaded with heart-healthy fats, antioxidants, and low-glycemic flavors to support a wholesome, diabetes-friendly lifestyle.

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.

Burn Bright, Burn Out Less: LAST MONTH 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.

On-Demand Mindfulness Program: NEW Walking into Mindfulness: 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.

Well Balanced Article: National Family Caregivers Month- Article Attached You will also find additional resources at the National Alliance for Care at Home

Diabetes Prevention - ADA Prediabetes - Article Attached. You will also find additional resources with the American Diabetes Association

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

“DIABETES
DOESN'T
DEFINE YOU.
WHAT YOU
DO EACH
DAY DOES.”

World Kindness Day-
November 13

The Random Acts of Kindness Foundation celebrates kindness on World Kindness Day and beyond by challenging others to “Make Kindness the Norm.”

There are many ways to celebrate World Kindness Day, and one of the simplest and most meaningful is to thank a caregiver in your life. This World Kindness Day, take a moment to recognize the caregivers in your life—and remember to extend kindness to yourself, your coworkers, friends, and family as well.

Random Acts of Kindness Foundation
<http://randomactsofkindness.org>

NMPSIA Wellness Events – November



2025

Programs Available all
Month Long

[Burn Bright, Burn Out Less](#)

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

[Life of Mindfulness](#)

Health Education
Podcasts:

- [4 Things You Should
Know to Live A Life
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Random Acts of Kindness
Foundation:
<http://randomactsofkindness.org>

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					1/2
3	4	5	6	7	8/9
10	11 Diabetes Explained: 3:30 p.m.	12	13 	14	15/16
17 Diabetes 101: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	18	19 Sugar Unwrapped: The Real Scoop on Sweetness & Health: 12:00 p.m. Diabetes Nutrition: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	20 TSG Monthly Cooking Show – Superfoods with Power-Packed Flavors: 12:00 p.m.	21	22/23
24	25	26	27 	28	29/30

WELL BALANCED

- NOVEMBER 2025 -
National Family Caregivers Month

Preventing CAREGIVER BURNOUT



November is National Family Caregivers Month, a time to recognize the more than 53 million family caregivers who provide unpaid care and support for older adults and people with disabilities in the United States. The National Council on Aging reports this staggering figure, highlighting the role caregivers play in our families and communities.

When a loved one needs care, deciding how to provide that care becomes personal. For many families, keeping care within the family unit is important for reasons such as honoring the recipient's wishes, maintaining trust and familiarity, fulfilling a sense of duty, addressing financial strains, and preserving privacy. While caregiving can be deeply rewarding, the level of support required can sometimes amount to a 24/7 responsibility, which may lead to stress and, without proper precautions, even burnout.

One of the most important ways to prevent caregiver burnout is to recognize the warning signs. The American Medical Association lists nine key symptoms to watch for.

1. Constantly feeling worried or overwhelmed
2. Often feeling tired or having low energy
3. Sleeping too much or too little
4. Gaining or losing weight
5. Easily becoming irritated or angry
6. Losing interest in activities previously enjoyed
7. Often feeling sad
8. Frequently experiencing headaches, bodily pain, or other physical problems
9. Abusing alcohol or drugs, including prescription medications



Did You Know?

November 13th is [World Kindness Day](#)? One the simplest ways to demonstrate kindness and express gratitude is by saying "thank you." Whether you are a caregiver or you know one, take a moment to show appreciation for yourself or for the caregiver in your life.

If you or someone you know is a family caregiver, there are strategies that can be used to help prevent burnout, beyond recognizing the symptoms. A few to consider are:

- **Take care of your personal health.** When you are not at your best, it can be challenging to provide care to others who need you. Prioritizing your own health may include making time for physical activity, getting enough sleep, fueling your body with nutritious foods, keeping up with doctor visits, giving yourself breaks, and knowing when to seek professional support.
- **Communicate and stay organized.** Learning how to communicate effectively with health care professionals can help you better manage your loved one's care. Strong communication is also an important tool for staying organized with their treatment plans and caregiving needs. Consider using organizational tools such as filing systems or digital folders to keep documents up to date and easy to find. This can help prevent the stress that comes with misplaced paperwork.
- **Ask for and accept help.** Asking for help is not always easy, and receiving it can be even more challenging. Remember, you are not

alone, and more often than not, people truly want to help. Here are a few strategies to consider to make accepting help easier.

- Be honest about what you need.
- Share responsibilities rather than taking everything on yourself.
- Hold caregiver meetings with family members to keep everyone on the same page.
- Schedule regular check-ins with a friend or family member.
- Practice saying “yes” when someone offers help.
- Use available resources. As a caregiver, it can feel difficult to give yourself a break, especially when it means placing your loved one’s care in someone else’s hands. With trusted support, however, outside resources can make your role more manageable and sustainable. Some options to consider include:
 - Adult day care—for individuals with complex care needs, such as dementia
 - Palliative care—for anyone experiencing advanced symptoms of a serious illness
 - Respite care—short-term relief that gives caregivers time to rest and recharge.

Did You Know?

Palliative care and hospice care are often confused, but they serve different purposes. Palliative care is intended for anyone experiencing advanced symptoms of a serious illness, while hospice care provides support for people who are nearing the end of life.

- If outside care is not the right fit, there are other resources to explore, such as medical alert systems or other technology solutions that can track your loved one’s location or signal a medical emergency.
- Find support. Sharing your feelings with friends or family members can be therapeutic, and connecting with others in similar circumstances can make a meaningful difference. One idea to consider is joining a caregiver support group which could offer opportunities to exchange advice, share experiences, and learn from others. If you or someone you know is struggling beyond this, consider reaching out to a professional or utilizing an Employee Assistance Program (EAP) for additional support.

Resources

- » [National Family Caregivers Month \(ncoa.org\)](https://www.ncoa.org/)
- » [World Kindness Day \(randomactsofkindness.org\)](https://www.randomactsofkindness.org/)

Sources

- » <https://www.ncoa.org/article/preventing-caregiver-burnout-tools-you-can-use/>
- » <https://www.helpguide.org/family/caregiving/caregiver-stress-and-burnout>
- » <https://www.caregiveraction.org/10-tips-family-caregivers/>
- » <https://www.cancer.org/cancer/latest-news/tips-for-caregiver-burnout.html>

