

Las Cruces Public Schools Health Services Department, Nutrition Services Department and Employee Assistance Program are partnering to implement a pioneering mindfulness based stress reduction effort for staff. In addition to local efforts, the New Mexico Public Schools Insurance Authority is piloting a Mindful Based Stress Reduction Program for employees of LCPS starting January of 2018.

Central Office staff have been invited to attend a series of mindfulness based stress reduction activities. During the first, staff were encouraged to engage in a free seven-day introduction to meditation called "7 Days of Calm", from www.calm.com. Further mindfulness seminars for Central Office Staff will be hosted the third Wednesday of each month October through December in the LCPS Board Room. Additionally, volunteer Wellness Ambassadors who are also being trained in Mindfulness are bringing MBSR directly to the schools.

Recommended mindfulness resources can be accessed by anyone anytime. Staff are encouraged to check them out.

<https://www.calm.com>

<https://insighttimer.com>

<https://www.mindful.org>

<https://www.headspace.com>

<https://my.happify.com>

For more information on mindfulness in the workplace, staff can contact Barbara Berger, Health and Nutrition Specialist at 575-575-5943 or Amy Himelright, Employee Assistance Program Coordinator at 575-527-6028.