



City of Albuquerque EAP Newsletter

“The City of Albuquerque’s most valuable asset is its employees!”

Summer 2023

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Helpful Links for you and your family:

Additional Wellness Resources:

[Better Health Program](#)

Click the link to view the Better Health Program webpage, which contains information and opportunities for employees to improve their wellness!

[Tips for a Healthy Summer](#)

Click here to read an article from the CDC on tips for having a healthy summer

[Fun Summer Days](#)

This article from the NIH gives you tips for having a safe and fun summer

Benefits of Yoga

By Marisol Brito, Owner- Bhava Yoga



We know the familiar story of trying to find a work-life balance but falling short. Attempting to balance expectations and maximize productivity, we push ourselves to work faster in an attempt to boost our efforts so that we have more time to enjoy life. In the long run, this leads to burn-out, leaving us feeling tired, stressed and overwhelmed. Are you tired of this seemingly endless cycle?

These challenges coupled with an increased understanding of the prevalence and effects of mental health conditions, are prompting many to consider ways to find relief from stress, anxiety, depression and burn-out. Yoga has become a popular solution because it offers both physical and mental health benefits.

A yoga class includes warming up the body for various postures that help release long-held tension and clear mental fatigue. Yoga also incorporates breathing techniques where students learn how coordinate their breath with physical movement acting as a reset button for the nervous system and giving time to refocus and reframe their daily responsibilities. By incorporating a consistent yoga class into your weekly routine helps reap the benefits of this proven system.

Some other benefits of yoga are:

1. Reduces stress. There is evidence from the NIH that yoga, as a mindfulness practice, helps with stress management and improving focus
2. Improves physical strength, flexibility and balance. Moving the body in and out of yoga postures in a controlled way by coordinating movement with the breath, increases blood flow, creating optimal conditions for stretching muscles while holding postures strengthens them.

Crisis Management

Resources:

[AGORA CRISIS CENTER](#)

1-866-HELP-1-NM

[NEW MEXICO CRISIS](#)

[AND ACCESS LINE](#)

1-855-NMCRISIS

[SUICIDE PREVENTION](#)

[LIFELINE](#)

1-800-273-TALK

[NATIONAL DOMESTIC](#)

[VIOLENCE HOTLINE](#)

1-800-799-SAFE

[HOPELINE: CALL OR TEXT](#)

1-877-235-4525

We'd Love to Hear From you!

Please call or email us for more information on our program or to set up an appointment! Our contact info is below!

Phone (8am-5pm):

(505) 768-4613

Email:

eap@cabq.gov

After Hours Phone (M-F, 5pm-8am, and on weekends):

Call the EAP main number at 505-768-4613 and you will be forwarded to our dedicated crisis line

3. Helps increase joint mobility, allowing for greater ease of movement.
4. Helps relieve back pain. Yoga postures stretch and aligns the body helping release tension in the lower back area. (The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.¹)
5. Improves Sleep. Regulating breathing also regulates the nervous system by bringing the body out of the fight, flight or freeze of the sympathetic nervous system and into the rest-and-digest or parasympathetic nervous system.
6. Improves mood. "You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.²)

In just one class you will feel the benefits of slowing down and challenging your body and discover ways to optimize your day and sail through your workday with greater ease.

Bhava Yoga Studio is now offering yoga classes to City Employees at the APD Gym across from City Hall. Classes will run Mondays and Wednesdays from 12:05-12:50pm. Click [HERE](#) for pricing details and to purchase classes. All students must pre-register and pay for classes ahead of time (no cash accepted), and spots are limited and will be on a first-come, first-served basis. Bhava is also running a summer promotion for city employees, for more info click [HERE](#).

Please Note- in order to have access to the APD Gym and attend yoga classes you **MUST** complete a fitness assessment with the EAP and sign a waiver first. If you have not done this yet and are interested in attending yoga classes, please call the EAP main number at **505-768-4613** or email Dave Pulliam at dpulliam@cabq.gov to set up an appointment.

Come check out yoga with us! We hope to see you on the mat, soon! Wishing you happiness, health, and well-being in mind and body this summer!

Inspirational Quote:

"It's never too late to be what you might've been."

--George Eliot

Thank you for reading! Please stay safe and healthy out there!

¹ <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>

² <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>