

# LIVE WELL. BE WELL.

## ♥ N O U R I S H I N G N E W S ♥

### May 2023: Mental Health Awareness Month

*"Mental health problems don't define who you are. They are something you experience. You walk in the rain, and you feel the rain, but you are not the rain." -- Matt Haig*



### What is Mental Health?

Mental health is a combination of your emotional, psychological, and social health. It impacts the way you think, feel, and act to include how you adapt to stress, how you interact with others, and the choices that you make on a daily basis. Mental health affects everyone and can change overtime with the circumstances of your life. <sup>1</sup>

### Is Stress Harming Your Mental Health?

Everyone experiences stress from time to time-- we hit the brakes to avoid a car accident; our child throws a tantrum in the grocery store; or we are anxious about a work deadline we need to meet. While stress rarely feels good, it can help us to change and adapt to the situation at hand.

#### Acute Stress

Often associated with the "Fight or Flight" response, short term stress increases stress hormones and can cause a physical response in the body such as increased alertness, energy, and heart rate. This response may allow you to act quickly and productively to avoid hitting another vehicle or to reach that deadline.

#### Chronic Stress

Long term stress is a completely different experience and over an extended period of time can halt the benefits seen above and instead have negative impacts on physical health. These impacts can include, but are not limited to problems sleeping, weight gain/loss, heart disease, diabetes, and high blood pressure.

#### Assess Your Stress

Write down your main stressors and determine if they are acute or chronic. Track your stress symptoms such as irritability, anxiety, as well as sleep

quality and quantity. If symptoms persist over a number of weeks or months, seek out help from the numerous resources in this newsletter! <sup>2</sup>



### Mental Health Awareness Resources

- [NAMI: National Alliance on Mental Illness](#)
- [AHA: American Hospital Association](#)



### Employee Assistance Program and Talkspace

In an effort to support your busy lives and mental health, Parsons has partnered with Optum EAP & Talkspace to bring you confidential guidance and resources. EAP services include care giving needs, assistance finding resources, and supporting your mental well-being. Talkspace is a digital therapeutic platform with thousands of licensed behavioral health clinicians. Enjoy up to 8 free visits with a counselor per topic per year through Optum EAP!

[Click here for more information!](#)

1. What Is Mental Health? | MentalHealth.gov  
 2. Is Your Stress Harming Your Health? - Discover - Sharecare



# Improve Your Mental Fitness

Just like you can improve your physical fitness, you can boost your mental fitness too!

Mental fitness helps reduce your stress levels and improve resilience. Try some of these strategies to improve your mental fitness and improve your overall health:

### Physical Activity:

Exercise can increase the release of "happy hormones" improving your mental and physical health.

### Meditation:

This practice can reduce stress, increase resilience, and improve positivity. Check out [Unwinding](#) by Sharecare for free meditations & resources!

### Work with a Professional:

Working 1:1 with a coach can help you manage life when it seems like too much.

### Stay Connected:

Reach out to your social network of friends and family for support and encouragement.

### Get Rest:

Poor sleep has a negative effect on stress hormones. Create a sleep routine and stick to it!

All regular U.S. Benefits-eligible Parsons employees have access to a free, confidential lifestyle management coach to help employees meet wellness goals – no matter what they may be. Coaches can help create a budget, build a fitness routine, plan healthy meals, lower stress and more – all by phone! View the [Coaching FAQ](#), call 855-203-5506, or enroll at [parsons.sharecare.com](https://parsons.sharecare.com).

## Live Well. Be Well. Winners!

Over the last few months your Live Well. Be Well. wellness program has hosted a variety of activities that included prize drawings for US based benefits eligible employees! Prizes have included exciting wellness items such as a Ninja Air Fryer, REI and Whole Foods gift cards, as well as a Loftie Meditation Clock and a Shiatsu Massage Cushion. Participate in future Live Well. Be Well. activities for your chance to win next!

### January & March Webinar Winners

- Jennifer Okada
- Sharon Winslow
- Lindsey Thomas
- Kyle Werking
- Kristen Kemp
- Marlene Berkner

### February Challenge Winners

- Zi-Ming Zheng
- Brad Crowther
- Manish Patel
- Christie Conrad
- Andrew Goldstein
- Diana Ceaser
- Steve Carlander

Plus 10 book giveaways!





# Avocado-Egg Toast

Put this easy breakfast at the top of your to-do list this month. Topping avocado toast with an egg is a sure way to boost your happiness!

## Ingredients

- ¼ avocado
- ¼ teaspoon ground pepper
- ⅛ teaspoon garlic powder
- 1 slice whole-wheat bread
- 1 large egg, sunny side up
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

## Preparation

1. Combine avocado, pepper and garlic powder in a small bowl and gently mash.
2. Toast bread and top with avocado mixture, and then fried egg
3. Garnish with Sriracha and scallion, if desired.

## Nutrition (per serving)

Calories: 271 | Fat: 17.7g | Protein: 11.5g | Carbohydrates: 18.1g  
Chol: 186mg | Sodium: 216g



*Live Well. Be Well.*

[parsons.sharecare.com](https://parsons.sharecare.com) | 855-203-5506

Live Well. Be Well. powered by Sharecare is available at no cost to all regular U.S. Benefits-eligible Parsons employees and their spouses/partners who are enrolled in a Parsons medical plan.