

LIVE WELL. BE WELL.

♥ NOURISHING NEWS ♥

August/September 2023: Community Well-Being

"Alone we can do so little; together we can do so much." - Helen Keller

What is Community Well-Being?

Community well-being is all about liking where you live, feeling safe, and having pride in your community. Examples include volunteering, participating in local events, voting, supporting local businesses, and so much more! Over the next 2 months your Live Well. Be Well. wellness program will focus on events and activities to help enhance your community well-being.



Team Building at Work & Beyond

There is no denying it - having a work friend (or two) makes your professional life - and time at the office - better. According to a LinkedIn study of relationships at work, making friends at work is good for employees. LinkedIn found that 46% of professionals believe that having work friends increases their overall happiness and makes them feel more connected, which in turn boosts productivity and engagement.¹

So how can you improve your work community (especially if you work remotely)?

- **Schedule a lunch date.** Whether in the cafeteria, at a restaurant, or through a virtual call, take the time to prioritize building work friendships & enjoy a meal together!
- **Join a Workplace Group.** Did you know that Workplace is about more than Company News & HR Updates? There are social groups, from PAR- Cooked! to Dog Lovers, to meet like-minded colleagues.
- **Help a Colleague.** Ever feel stuck on work and need support? Offer that same support to someone on your team. Research has shown helping others can benefit your health, while also fostering friendship!
- **Participate in the Team Step Challenge.** From September 1- 30 Sharecare will host a Team Step Challenge. Gather your team and register today at parsons.sharecare.com.



August/September Health Observances

August:

Back to School:

- Visit [Optum EAP](#) for resources.

National Immunization Awareness:

- Check out the [CDC](#) for more information & schedule your annual flu shot!

Grief Awareness Day (Aug 30):

- Learn more [here](#).

September:

Cancer Awareness:

- [Blood Cancer](#)
- [Prostate Cancer](#)
- [Childhood Cancer](#)
- [Ovarian Cancer](#)
- [Gynecological Cancer](#)
- [Thyroid Cancer](#)

Suicide Prevention Day (Sept 10):

- Learn more with [Optum EAP](#).

Quarter 2 Live Well. Be Well. Winners!

Did you know that each quarter your Live Well. Be Well. program has a prize drawing for individuals who have earned 150 points by completing wellness activities on the [Sharecare platform](#)?

Help me in congratulating our Q2 Winners:

- Kerlyn Candelario
- Brady Harnish
- Graham Spiller
- Jimmie Maughon Jr.
- Chunli Wei
- Jillian Zedaker
- Justin Kretzer
- Sirintip Wright
- Brian Eisenrich
- Samuel Ekstrand
- Acacia Moore
- Diane Reeder



Wellness activities vary from participating in challenges, attending a webinar, or even utilizing your Parsons benefits such as Live and Work Well EAP!

If you would like to be entered into the next Quarterly Drawing for a chance to win a \$150 gift card, complete the following steps by August 31, 2023:

- Register for your account at parsons.sharecare.com
- Earn 150 points through the completion of well-being activities

Q3 Winners will be notified in September!

Employee Success Story: Live Mindfully Challenge

In April, Noe Jamies Davalos completed the Live Mindfully Challenge and was randomly selected as one of our challenge drawing winners, choosing the infrared red light therapy belt. Afterwards, we asked him questions about the challenge and here's how he responded:

- What motivated you to participate in the challenge?**

Accountability. I was noticing days in which I would get really stressed out which in turned caused me to have a negative outlook to the rest of my day/weekend and trigger headaches.
- What were you goals when entering into the challenge?**

I wanted to reduce/monitor stress as best as I could. Stress is normal, but prolonged stress can cause health problems.
- How did the challenge help you achieve these goals?**

Kept me accountable in tracking which days I was stressed. Further, I decided to also note what was the reason for my stress. I felt as I went along the challenge it helped put things into perspective. Focus only on what I can control, and the rest learn to not let it get to me as much.
- What was your favorite part of the challenge?**

Lowering my days of stress!
- Would you encourage co-workers to participate in future challenges?**

Most definitely. Find a challenge that really speaks and resonates with you. Maybe you thought about drinking more water, moving more, or eating more healthy. Find that challenge specific to you that helps to motivate you in changes you want to make.
- Anything else you would like to share about the challenge?**

The challenge only lasts a certain amount of days, don't let the challenge be the end of what you have worked hard for. When the challenge ended, I noticed I was not as engaged as I was or tracking my stress. This is where accountability is important in keeping those changes you have made permanent and not temporary.



Mini Rice-Cake Stack

Need a quick and easy snack to make for you or your kids? Try this simple recipe when you are in a time crunch.

Ingredients

- 8 mini apple-cinnamon rice cakes
- 1 ½ tablespoons natural peanut butter
- 4 banana slices

Preparation

1. Spread 4 rice cakes with peanut butter
2. Top each with a banana slice and the remaining rice cakes

Tip: Try other nut butters in this crunchy snack!

Nutrition

Serving Size: 4 rice-cake stacks

Per Serving: 305 calories; 7.5g protein; 39.3g carbohydrates; 14.9g sugars; 12.8g fat; 80mg sodium



Looking for more tips to maintain a healthy lifestyle?

- 1 Log in to your Sharecare account or register at parsons.sharecare.com.
- 2 Discover tools and resources that can help you improve nutrition, reduce your stress, and live a healthier life

