

LIVE WELL. BE WELL.

♥ NOURISHING NEWS ♥

Emotional Well-Being 2024

“Your present circumstances don’t determine where you go; they merely determine where you start.”
- Dr. Lauren Fogel Mercy



Quarter 2 Health Observances

April:

Stress Awareness

- Visit [NIH.gov](https://www.nih.gov) to learn more

Autism Awareness

- For more information & check out [AutismSpeaks.org](https://www.autismspeaks.org)

May:

Mental Health Awareness

- Visit [Mental Health America](https://www.mentalhealthamerica.net) or explore your EAP benefits [here!](#)

Women’s Health

- Learn more at [womenshealth.gov](https://www.womenshealth.gov)

June:

Men’s Health

- Explore [menshealthnetwork.org](https://www.menshealthnetwork.org)

National Safety

- Check out the [National Safety Council](https://www.national-safety-council.org) to learn more!

Check out [Human Resources \(HR\) on Workplace](#) for the Live Well. Be Well. Monthly Calendar of Events & additional communications!

How Saying “No” Can Support Your Emotional Well-Being

How often do you say “yes” when you would rather say “no”? Often, we feel pressured to go somewhere or do something when we would rather not. However, giving yourself permission to turn down requests can actually improve your emotional well-being and happiness.

Here’s why:

- **Saying “No” establishes boundaries:** Setting boundaries distinguishes you as a unique individual with your own thoughts, feelings and needs. Having healthy boundaries is essential for good emotional health.
- **Saying “No” helps set priorities:** We all have limited time, energy, and resources available to us. Saying “no” helps you to determine the things you value most.
- **Saying “No” prevents burnout:** If you say “yes” every time someone asks you for a favor, you’re more likely to experience burnout from exhaustion and deplete your resources.
- **Saying “No” reduces stress:** Agreeing to too many obligations can create anxiety and stress. The act of saying “no” allows for the necessary downtime to practice self-care.



Participate in Live Well. Be Well. Stress Less Challenge!

- **Dates:** May 1- 31
- **Challenge Goal:** Track your stress level at never or sometimes for at least 21 days in May.
- **Reward:** Challenge completers earn 200 points in the Live Well. Be Well. program & will be entered into a prize drawing!

Registration opens April 17th.
Sign up [here!](#)



Employee Benefit Spotlight: Optum EAP



The Optum EAP can help you with:

- Care giving needs
- Mental wellbeing
- Finding resources (plumbers, child camps for the summer and so much more!)

And, you can have 8 free visits with a counselor per topic per year (100% confidential)

For more information about this benefit, check out this [Optum EAP Concierge Article!](#)
By participating in Optum EAP, you can also earn points in the Live Well. Be Well. program! Check out parsons.sharecare.com for more information.

Live Well. Be Well. Special Event! Mood-Food Cooking Workshop

Embark on a delectable journey of culinary exploration that goes beyond taste and tantalizes your mood! Join our Mood-Food Cooking Workshop, where we fuse the art of cooking with the science of nutrition to create dishes that not only satisfy your palate but also elevate your spirits.

Recipe: Good Mood Bliss Bowl

Date: June 6, 2024

Time(s): 6 pm EST AND 6 pm PT

Location: [Well-being Webex Event Room](#)

Registration not required! Check out [Workplace](#) for ingredients list, recipe, & other details as the event nears!



Employee Spotlight



In 2023 Live Well. Be Well. held a grand prize drawing for participants of the wellness program! Help us congratulate our winners for their dedication to wellness:

- Floyd Simons
- Valerie Nau
- Libby Bennet
- Marc Alsalihi



To be entered into the next quarterly drawing, aim to earn 250 points during Q2 (April-June).
Don't forget: Earn 1000 points + self-attest to your annual physical by December 31, 2024 to earn the 2025 Wellness Credit!*

*Parsons medically enrolled employees only.



Mug Brownie

Eating a little chocolate has been shown to have positive effects on mood by reducing stress levels and improving calmness. Keep this recipe handy for those moments when you need a little boost. It's ready in less than a minute!

Ingredients

- 1 tablespoon coconut oil
- 2 tablespoons unsweetened coconut milk or low-fat milk
- 1/4 teaspoon vanilla extract
- 1 1/2 tablespoons all-purpose flour
- 1 tablespoon sugar
- 1 tablespoon unsweetened cocoa powder
- 1/8 teaspoon salt
- 2 teaspoons mini chocolate chips (optional)

Preparation

Prep time: 15 minutes Yield: 1 serving

Place coconut oil in a small microwave-safe coffee mug and microwave on high until melted, 15 to 20 seconds. Cool for 1 minute. Whisk in milk and vanilla. Add flour, sugar, cocoa and salt; continue whisking until completely incorporated. Stir in chocolate chips, if using. Microwave on high until firm to the touch and no longer glossy, 30 to 40 seconds. Let stand for 8 to 10 minutes.

Nutrition

234 calories; protein 2.3g; carbohydrates 25g; dietary fiber 2.4g; sugars 12.8g; fat 14.9g; saturated fat 12.2g; vitamin a iu 62.7IU; folate 26.2mcg; calcium 21.7mg; iron 1.3mg; magnesium 34.5mg; potassium 101.3mg; sodium 292.3mg; thiamin 0.1mg; added sugar 13g.

Source: eatingwell.com

All regular US benefits-eligible Parsons employees are eligible to participate in Live Well. Be Well.

Scan the QR code to earn 10 points for reading this newsletter!



 **SCAN ME**