PARSONS | sharecare

LIVE WELL. BE WELL.

NOURISHING NEWS

Emotional Well-being 2025

"For it is in giving that we receive."
- Saint Francis of Assisi

Be Kind, Improve Your Health!

Studies have found that helping others can improve your own well-being, resulting in a healthier, happier, and more fulfilling life. Kindness is demonstrated through engaging in activities that support or uplift others without expecting anything in return. Check out some of the benefits being kind and volunteering can have on your health:

- Reduced stress
- Improved heart health
- Boosted immune system
- Increased happiness
- Enhanced longevity
- Lowered anxiety and depression
- Improved relationships
- Increased self-esteem
- Promotes positive mental health



Being kind doesn't have to take a lot of time, money, or energy. Try one of the following actions and begin reaping the health benefits!

- Compliment someone
- Hold the door open
- Smile at a stranger
- Pick up litter
- Write a thank you note
- Actively listen
- Donate items/clothes
- Leave a positive review

Even the smallest act of kindness can ripple out and create a positive chain reaction!

Live Well. Be Well Cooking Demonstration Recording Now Available!



On March 19th Sharecare partnered with FitPros to bring you a live cooking demonstration. If you were unable to attend, you can watch the full event on Workplace!

Receive **25 points** for participating by self-attesting to a Parsons Social Gathering in the social activities of your rewards program.

You may also view the recipe for our Lemon Orzo Skillet (chicken & tofu options available).

Quarter 2 Health Observances

April:

Global Child Nutrition
- Learn more or take action at gcnf.org .

Stress Awareness
- Explore the data and find resources at stress.org.

May:

Mental Health Awareness
- Explore your EAP benefits here!
- See what upcoming events Parsons has planned here.

National Stroke Awareness
- Check out stroke.org.

June:

Alzheimer's & Brain Awareness
- Visit the Alzheimer's Association for more information!

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

1. https://you.sharecare.com/topics/3de3/articles/97067c52-caf2-449a-acc0-69cf704c0d3a

♥ SPOTLIGHT CENTRAL ♥

Live Well. Be Well. Winners!

Did you know that your Live Well. Be Well. program has a prize drawing opportunity for employees who have earned 250 points during each quarter by completing wellness activities on the Sharecare platform? If you would like to be entered into the next Quarterly Drawing for a chance to win a **$150 gift card,** register or sign into your account at parsons.sharecare.com and earn **250 points** through the completion of well-being activities between **April 1, 2025 - June 30, 2025.**



Help me in congratulating our 2024 Q4 & Grand Prize Winners:

- Kevin Dry
- Erika Nacu
- Felcia Lugo
- David Rehmeyer
- Rhine Davis
- Sandra Derricott
- Robert Massey
- Walid Hamad
- Sydney Quilalang
- Lauri Roche
- Melissa Layfield
- Damian Allen
- Marcus Beale
- Philip Scharff
- Gloria Zapata
- Beth Driskill
- Brian Choi
- Belinda Jenkins
- Ubaldo Lazalde
- Ahmed Khan
- Kevin Light
- Ronald Merriam
- James Behnke
- Valerie Hurdle
- Mark Firger
- Julie Larson
- Jeffrey Ulmer
- Phillip Beiler
- Daniel Johnson

Live Events in Quarter 2

Check out the new Wellness Corner in Sharecare for more information about Q2 events!

- **The Power of Resilience Workshop:** Discover ways to navigate change and learn the three steps of resilience to be able to cope with various challenges and stressful situations.
  - Date/times: April 17th at 12 pm ET & 3 pm ET
  - Location: Live Well. Be Well. Teams Meeting Room
  - Earn **100 points** toward your Live Well. Be Well. rewardable activities & be entered into a prize drawing for participating!





- **Kindness Challenge**
  - Date: May 1- May 31
  - Challenge yourself to be kind! Answer the challenge question for **21 days** in May to successfully complete the challenge goal. Earn **200 points** and be entered into a prize drawing!
  - Register & participate at parsons.sharecare.com.

- **Mindful Moments Coffee Talks:** Join your Wellness Manager for an opportunity to live in the moment, explore mindfulness practices, and participate in stress reduction techniques.
  - Date/times: The 2nd and 4th Wednesday of the month (April - June) at 11 am ET & 3 pm ET
  - Location: Live Well. Be Well. Teams Meeting Room
  - Additional details will be posted on Workplace. Earn **25** points for attending!

- **May is Mental Health Awareness Month!**
  - View the HR Workplace Event page for additional activities to support your mental well-being!

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Garlic Ginger Red Snapper

Enjoy this heart-healthy recipe that showcases fish, colorful veggies, healthy oils and flavorful spices. Your tastebuds will thank you.

Ingredients

- 1 ½ oz julienned mango
- 1 ½ oz julienned papaya
- 1 ½ oz julienned green bell pepper
- 1 ½ oz julienned red bell pepper
- 3 oz green cabbage, chiffonaded
- 1 ½ oz julienned carrots
- 2 tsp lime juice
- 2 tsp canola oil
- 2 tsp granulated sugar
- 2 tsp lime juice
- 2 tsp grated lime rind
- ¼ tbsp black pepper
- 2 tsp apple cider vinegar
- 2 tsp canola oil
- ¼ tsp salt
- ½ tsp ground black pepper
- ¾ lb red snapper fillet, in 4-oz pieces
- 2] tsp minced garlic
- 2 tsp minced ginger

Source: eatingwell.com

Preparation

- Heat oven to 350 degrees. Combine mango, papaya, green and red peppers, cabbage, carrots, 2 teaspoons lime juice, canola oil and sugar. Toss to combine.
- Combine 2 teaspoons lime juice, lime rind, black pepper, vinegar, 2 teaspoons canola oil, salt and black pepper and mix well.
- Season fish fillets with garlic and ginger. Sear fish in a very hot skillet. Transfer to sheet pans and finish cooking in oven.
- To serve, place 2 ounces of mango-papaya mixture on each plate. Top with 1 fish fillet and drizzle each fillet with 1 teaspoon of lime topping.

Nutrition (per serving)

Yield: 6 servings. Calories 159; fat 4g; saturated fat 0.5g; cholesterol 42mg; sodium 181mg; carbohydrate 6.2g; fiber 1.3g; protein 23.9g; calcium 52mg

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

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

SCAN ME