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LIVE WELL. BE WELL.

NOURISHING NEWS

Emotional Well-being 2026

"Gratitude make sense of our past, brings peace for today, and creates a vision for tomorrow"
- Melody Beattie

5 Simple Way to Practice Gratitude Every Day

Reflecting on the good things in your life can have powerful effects. Research shows that practicing gratitude boosts emotional well-being and may even support physical health. Being thankful means noticing and appreciating what you have rather than focusing on what you lack, a mindset often described as "counting your blessings." Even better, gratitude practiced and nurtured over time. Here's how.

Be intentional and detailed: Notice at least one new thing you're grateful for each day and be specific about why it matters. It can be something in your own life or in the greater world.

Write it down: Journaling your gratitude makes it more concrete and gives you something meaningful to revisit. Writing down feelings of gratitude lets you reflect on them better than just thinking about them.

Borrow from religions: Most faiths have practices focused on gratitude, such as observing moments of silent reflection or saying grace before a meal. Even if you're not religious, you can copy and tweak gratitude rituals from other traditions and make them your own.

Say thank you: Thanking people who've had a positive influence in your life is good for you—and for them. Verbally saying thank you is great, but some gratitude experts recommend writing your expression of appreciation and hand-delivering it for more impact.

Practice: While some people may feel naturally more grateful than others, gratitude is a skill that can be developed with practice. Over time, regularly practicing it creates a snowball effect, making gratitude easier to access—almost like building muscle memory.

Practicing gratitude isn't a cure-all, and it doesn't replace healthy habits like nutritious eating, regular exercise, and good sleep. But it's quick, pleasant, and free. Why not give it a try?

Quarter 2
Health Observances

APRIL:

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

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

MAY:

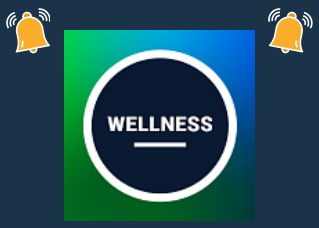
Mental Health Awareness:
- Explore your EAP benefits here!
- See what upcoming events Parsons has planned here!

National Stroke Awareness
- Check out stroke.org

JUNE:

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

Bookmark our Live Well. Be Well. Wellness Page on PWeb **here.**



Participate in Live Well. Be Well. and Earn Rewards!

Regular US Medically Enrolled Employees: Earn your $50 monthly Wellness Credit in 2027 when you earn 1,000 points and complete (and self-attest to) your annual physical by **November 30, 2026**.

ALL Regular US Benefits Eligible Employees: Achieve at least 250 points per quarter to earn an entry into the quarterly sweepstakes drawing!



1. https://you.sharecare.com/topics/3aea/articles/2fec3c40-e44f-4131-bd32-d151406b0ae5

♥ SPOTLIGHT CENTRAL ♥

Live Well. Be Well. Earn Points, Win Big!

Employees who earn at least 250 per quarter through the completion of well-being activities will receive an entry into the Live Well. Be Well. Quarterly Drawing for a chance to win a $150 gift card. To get started, register or sign into your account at parsons.sharecare.com and earn 250 points or more between April 1, 2026 - June 30, 2026.

What employees are saying about the Live Well. Be Well. Prizes:
"Thank you again! I am very honored to be working with Parsons and this was so nice to receive!"

Let's Congratulate the 2025 Q4 Winners:

- Kimberly Alfano
- Emily Brown
- Robert Delos Santos
- Christine Farland
- Sudeep Gandhi
- Clinton Gile
- Bardia Hashemi
- Mark Howerton
- Sarah King
- Katherine LaPierre
- Melissa Leslie
- Wesley Loveland
- Shaun McConnaghy
- Sagar Shah
- Kevin Sharp
- Brandon Shuemaker
- Anna Yondura
- Abigayle Costis

Live Events in Quarter 2

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

Building Positive Relationships and the effect on your health: In this webinar you'll learn how to maintain great friendships and why nurturing these connections can be one of the most powerful tools for overall well-being.

- Date/times: April 16th at 12 pm ET & 3 pm ET
- Location: Parsons 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!





Finding Gratitude Challenge

- Date: May 1 - 31
- Challenge yourself to reflect on one thing - big or small - you are grateful for each day. 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. Click **Achieve < Challenges** to get started.

Wellness Wednesday Mindful Moments: Join your Wellness Manager for an opportunity to take a brief pause in your day and 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: Parsons Live Well. Be Well. Teams Meeting Room
- Additional details will be posted on PWeb. Earn **25** points for attending!



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SALMON AVOCADO SALAD



Sometimes comfort foods are all you want after a stressful day. Instead of going for an unhealthy option, try this delicious and easy salad that's packed with nutrients to support with stress management.

Ingredients

- 2 salmon fillets (about 4-6 oz each)
- 1 tbsp. olive oil
- Salt and pepper to taste
- 2 cups mixed greens (spinach, arugula or your favorite mix)
- 1 cup cherry tomatoes, halved
- 1 avocado, sliced
- 1 cucumber, sliced
- ¼ red onion, thinly sliced

For the Dressing

- 2 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1 tsp. honey
- Salt and pepper to taste

Preparation

1. Cook the Salmon: Season the salmon fillets with salt and pepper. Heat 1 tbsp. of olive oil in a skillet over medium-high heat. Cook the salmon for about 3-4 minutes on each side or until cooked to your desired doneness. Remove from heat and let it cool slightly before flaking into large pieces.
2. Prepare the Salad: In a large bowl, combine the mixed greens, cherry tomatoes, avocado, cucumber and red onion.
3. Make the Dressing: In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, honey, salt and pepper.
4. Assemble the Salad: Add the flaked salmon to the salad bowl. Drizzle the dressing over the top and toss gently to combine.
5. Serve and Enjoy: Serve the salad right away and enjoy a healthy, stress-busting meal!

Nutrition (Yield: 2 Servings)
Calories 460 | Total Fat 27.7g | Carbohydrate 9.7g | Cholesterol 109.3mg | Sodium 316.6mg | Total Dietary Fiber 5.8g | Sugars 0.6g | Protein 41.9g

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!