

May 2022

## Take charge of your well-being

In this issue, we encourage you to break the stigma on mental health, prioritize your physical health and share resources for pet owners and parents of college-bound students.

### FINANCIAL Well-being



#### Support for Managing College Costs

Join Fidelity's "[Your College Savings Choices](#)" workshop on May 18 at 12 or 3 p.m. ET to learn how to save for college. [Learn more.](#)

#### Personalized Financial Planning

Sign up for a [complimentary one-on-one consultation](#) with Fidelity and get help building or reviewing your financial plan.

### PHYSICAL Well-being



#### Get Active and Compete for Prizes

The Mission Possible Team Challenge runs from May 2–29. Get registered, get active and get the opportunity to win prizes! [Learn more.](#)

#### Self-Compassion for Physical Results

People who practice self-compassion are more likely to keep moving forward after a setback. Use WW's new PersonalPoints™ Program to use positive motivation to reach your physical goals. [Learn more.](#)

## SOCIAL Well-being



### Matching Donations for Cancer Walks

If you donate to a walk team for Relay for Life or Making Strides Against Breast Cancer, your dollars can be matched by Northrop Grumman. [Learn more.](#)

### BRAVO! to Your Well-being

Help support a culture of gratitude and appreciation by recognizing your teammates through BRAVO to our Stars eRecognition. [Learn more.](#)

## EMOTIONAL Well-being



### Pets Make a Pawsitive Impact

Any dog, cat or pet rock owner knows, pets are family. Get the services you need for your pet through NGCare and our partnership with Nationwide. [Learn more.](#)

### Toolkit for Mental Health

Take time to focus on your mental health like understanding the mind-body connection and gaining tools to cope with stress. [Learn more.](#)

## ENGAGE in your Well-being



### Congratulations Q1 Engage Rewards Winners

Congratulations Q1 Winners for the *Engage* Rewards Center Drawings! [Click here](#) for a list of the winners. As a reminder, you can redeem points for your healthy behaviors in [Engage](#).

### Well-said: Employee testimonial

*“The MyStrength app provided by ComPsych, is free and an excellent mental health resource that helped me with sleepless nights. I used the app to find useful*

*activities to help find relaxing methods to get back to sleep. I love that it is quickly available to me any time I need it and the exercises it provides have been quick and helped me to feel in better control of my emotional well-being.”*

- Kismet L. (Falls Church, Sr. Principal Benefits Analyst)

## **My well-being webinars**

Participate in upcoming well-being webinars designed to help you thrive financially, physically, socially and emotionally. [Click here](#) for a complete list of webinars and details on how to register.

For more information, visit [My Well-being](#) on [Total Rewards Gateway](#).

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