

# My Well-being

FINANCIAL • PHYSICAL  
SOCIAL • EMOTIONAL

[HOME](#)[PAST EDITIONS](#)[SUBMIT ITEM](#)[WEBINARS](#)[ENGAGE](#)

## March 2023

In this issue, celebrate National Employee Appreciation Day on March 3, treat yourself to future wealth using financial planning resources, beat spring allergies with telemedicine services and increase energy with healthy eating and quality sleep.

### FINANCIAL Well-being



#### Save for Your Future: New Resources for All Ages and Stages

Whether you're a new professional or approaching retirement, our new resources can help you save for your future. You can schedule a [1:1 planning session](#) with Fidelity, use the [retirement analysis tool](#) and explore additional resources on the [Total Rewards Gateway](#).

#### Women's History Month Financial Series

To celebrate Women's History Month, Fidelity is offering [several webinars](#) throughout the month of March. Hear from special guests, including Jessica Alba and Venus Williams, as they discuss careers and money. Looking to better understand your workplace savings plan? Attend the [Wealth Webinar Wednesday](#) on March 15 at noon and 3 p.m. ET. [Learn more.](#)

### PHYSICAL Well-being



## A Mission of Nutrition

Did you know March is National Nutrition Month? Learn how to eat healthy and make smarter food choices to increase your energy and emotional well-being, while also adding years to your life. [Learn more.](#)

## Telemedicine Visits as Low as \$10

Don't let seasonal allergies keep you inside. Take advantage of telemedicine services so you can enjoy your time outdoors. [Learn more.](#)

### SOCIAL Well-being



## National Employee Appreciation Day is March 3

At Northrop Grumman, our employees help us solve the world's toughest problems. Celebrate the contributions of your colleagues with a [BRAVO to our Stars](#) eCard. [Learn more.](#)

## Applications Open for Northrop Grumman Scholarships for Employees' Children

Up to 130 scholarships will be granted in the amount of \$2,000 per year. Apply by March 31. [Learn more.](#)

### EMOTIONAL Well-being



## Don't Hit Snooze on Sleep Awareness Month

Attend upcoming webinars to understand the [impact of sleep on your well-being](#) and learn what to do if [worry and anxiety keep you up at night](#). [Learn more.](#)

## Emotional Eating: Mood and Food Connection

Emotional eating or consuming food for reasons other than physical hunger, can be detrimental to your mental and physical health. Attend Weightwatchers' [Don't Feed Your Feelings](#) webinar on March 28 at 1 p.m. ET to discover strategies to manage emotional eating. [Learn more.](#)

### ENGAGE in your Well-being



## Well-said: Employee Testimonial

*"My 5-year-old was having some behavior issues in kindergarten, so we turned to Northrop Grumman's emotional well-being resources. We were able to get support to*

*help him talk about his feelings. He was also supported in developing positive coping strategies when he felt sad or angry. As a parent needing support for themselves and their children, I appreciate the company's emotional well-being resources."*

*— Melissa K. (Principal Engineer, Environmental, Safety, Health & Medical, Melbourne, FL)*

## **My Well-being Webinars**

Participate in upcoming well-being webinars designed to help you thrive financially, physically, socially and emotionally. View the [company webinar calendar](#) for a full list of webinars with details on how to register.

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

© 2023, Northrop Grumman. All Rights Reserved.