



Q2 2025



The Peak of Burnout

An employee shares how our mental health resources saved their life.

[Read Now >>](#)



Cancer Care Coordination

Where one employee found support during her cancer journey.

[Read Now >>](#)



Five Ways Pets Support Total Well-being

How our furry friends can benefit our health.

[Read Now >>](#)



Your Next Step Towards Financial Well-being

Learn what to expect and how you can reap the benefits.

[Read Now >>](#)



WEBINAR SPOTLIGHT

May 21 at noon ET
Navigating Market Volatility

[Register Now >>](#)

May 28 at noon ET
**Real Talk About Mental Health –
Moderated by Melanie Heitkamp**

[Register Now >>](#)

View full list of [Total Rewards webinars](#) to support your well-being.

Special Announcements



Your total well-being, including your mental health, matters. Explore resources available to you and your family during Mental Health Awareness Month and year-round on the [Total Rewards Gateway](#).



Giving and receiving recognition can improve overall well-being, promote high productivity and reduce workplace burnout. Show your gratitude for your colleagues by sending a [BRAVO to our Stars eRecognition](#) today!

DID YOU KNOW?

Your personalized Total Rewards Statement shows the complete value of your overall compensation and benefits package from Northrop Grumman.

Access it at any time through the [Total Rewards Gateway](#).



Send us your feedback
and suggestions »

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Stay Healthy, Live Well and Thrive at Northrop Grumman