

February 2026

Wellbeing monthly

On deck this month

February at a glance



**Double
points** month

**Complete 20
RethinkCare sessions**



Check out:
When to get
mental health
support



**Explore
February's**
featured
resources

LEARN MORE

Upcoming wellbeing webinars

We have some great wellbeing webinars coming up, brought to you by Lyra, RethinkCare, Ayco and Vanguard. Learn more about each webinar and sign up to attend below.

Lyra



Soaring past setbacks: Strategies for building resilience

February 17 at 2 p.m. EST

Personal and career disappointments are an inevitable part of being human, but resilience can help you bounce back, and even thrive, in the aftermath. This workshop presents a path to resilience via practical, research-supported tools that can help you develop healthy ways of coping with your emotions, cultivate an optimistic mindset, utilize the power of social support and move toward new goals more effectively. Combined, these tools can promote quicker recovery from life's setbacks and inspire personal growth.

REGISTER NOW

RethinkCare



Staying calm, connected and confident through the teen years

February 5 at 12 p.m. EST

The teen years get a bad reputation. Yes, there are big transitions, and some are scary for parents, too, but the teen years can also be exciting and rewarding. This is a period when parents adapt to new ways of supporting and interacting with their kids, and it can feel like starting over at times. This webinar explores the ups and downs of parenting tweens and teens. Participants will learn how to prepare for this unique parenting phase, stay calm and confident during tumultuous times, and build meaningful connections with their kids.

[REGISTER NOW](#)

Ayco



Managing your money: Strategies for budgeting, credit and debt

Several dates and times available

From major purchases to managing everyday expenses, budgeting and debt management are key to achieving your financial goals. This session will cover strategies to build a realistic budget and manage debt effectively — helping you take control of your cash flow and stay on track toward long-term success.

[REGISTER NOW](#)



Navigating taxes with confidence

Several dates and times available

Tax planning throughout the year can help reduce stress and improve financial outcomes. This session will explain the fundamentals of tax planning, provide strategies for managing taxable income and highlight ways to maximize deductions so you can feel more confident when it's time to file.

[REGISTER NOW](#)



Quick hits: Financial planning for growing families

Several dates and times available

As your family grows, so do your financial priorities. This session will cover key considerations for new and expanding families, including budgeting for childcare and education, adjusting insurance coverage and setting long-term goals that support your household's evolving needs.

[REGISTER NOW](#)



Quick hits: Establishing an emergency fund

Several dates and times available

Life can be unpredictable, making an emergency fund essential for financial security. In this session, learn practical ways to start or strengthen your emergency savings, free up cash flow and build a safety net to help protect against unexpected expenses.

[REGISTER NOW](#)



Panel discussion: Navigating tax planning

February 26 at 2 p.m. EST

Join Ayco for an insightful discussion on tax planning where speakers will share strategies, tips and real-world experiences to help you navigate complex tax rules, manage your obligations effectively and identify opportunities to maximize your financial efficiency.

[REGISTER NOW](#)

Vanguard



Retirement income

Several dates and times available

Start planning for your retirement — when every day can feel like Saturday. Find out how to set yourself up for success with some helpful tips you can use right away.

REGISTER NOW

Featured wellbeing resources

Goldman
Sachs

Ayco Personal
Financial
Management

Ayco article: Beneficiaries

Take a moment today to double check your beneficiary information using the links below:

- [Life insurance](#)
- [401\(k\): Plan number 090081](#)
- [HSA](#)
- [Critical illness](#)

Our financial wellbeing partner, Ayco, offers free personalized financial guidance, tools and resources that will help you manage your finances. Access Ayco in [Strive](#) in the Programs page.



Foodsmart recipe: Wake-up smoothie

In Foodsmart, you can create custom meal plans from simple, tasty recipes you'll love. You can even add recipe ingredients to a digital grocery list for easy online ordering. To access Foodsmart, sign in to [Strive](#) and select Programs.



Lyra course: Parenting in the real world

With Lyra, our global mental health and employee assistance program, you and your household family members and dependents have access to confidential, comprehensive and convenient mental healthcare including up to 10 free coaching and/or counseling sessions. Lyra is always available, you can reach them online by registering at stryker.lyrahealth.com or by calling your [country-specific phone number](#).



Wellbeats program: Healthy spine solutions

Our physical wellbeing partner, Wellbeats, offers thousands of workouts on-demand including running, HIIT, recovery and family-friendly sessions. Find Wellbeats in [Strive](#) on the Programs page.



RethinkCare article: Skill challenge: Self awareness

Mindfulness can help reduce stress, improve sleep, develop a positive outlook and retrain your brain to react more positively. Participate in thousands of RethinkCare sessions — sign in to [Strive](#) and select the Programs page to access RethinkCare.

Contact myHR with questions

If you have questions on this month's content, contact the [myHR support team](#) or open a case via the [myHR support portal](#).

