

Wellbeing monthly

July 2024

On deck **this month**

July at a glance

- ✓ **Double points** month
Take a Foodsmart nutrition assessment
- ✓ **Lyra is Live!**
Check out Lyra at stryker.lyrahealth.com
- ✓ **Explore July's** featured resources

[READ MORE](#)

Upcoming **wellbeing webinars**

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



Lyra:
Mental Health 101
July 23 at 2:00 pm Eastern

We all have mental health—it's shaped by our emotional, psychological, and social well-being. Our mental health impacts how we think, feel, and behave, but many of us don't notice the impact it has on our lives and miss opportunities to get or give support when it's needed. Others may be reluctant to talk about or seek support for mental health because of stigma. That's where this workshop comes in—it covers what mental health is, why it matters, and how understanding mental health and reducing stigma are key to supporting our mental well-being at work and at home. Participants will also learn more

about tools we can use to support our mental health—including mindfulness, behavioral activation, checking your thinking, self-care, and gratitude—and select one skill to practice together during the session.

- [Register now](#)



Ayco:

Sustainable investing: Is it right for you?

Several dates and times available

Sustainable investing, also known as Environmental Social Governance (ESG) investing, lets you take a look at your investment decisions with certain values in mind. In this webinar, you'll learn more about ESG investing and how it could fit in your financial picture.

- [Register now](#)



Ayco:

Purchasing a home

Several dates and times available

Purchasing a new home is an exciting — and stressful — time. Learn about the best practices and tools that can help take some of the stress out of the process, so you and your family can focus on planning for the future.

- [Register now](#)



Ayco:

Quick Hits: Budgeting for seasonal expenses

Several dates and times available

Don't let the expenses of summer vacations or holidays creep up on you. Learn how to use the tools and resources available to you to budget for seasonal expenses.

- [Register now](#)



Ayco:

Quick Hits: All about IRAs

Several dates and times available

When it comes to retirement savings, knowing your options and taking a well-rounded approach can help you reach your goals. Join this webinar to learn more about Individual Retirement Accounts (IRAs) and how they can fit into your plan

- [Register now](#)



RethinkCare:

Bring Your Authentic Self to Work

July 18 at 12 pm Eastern

In this webinar, you'll learn to understand the evolving definitions of authenticity and its implications in the workplace and recognize common barriers that prevent genuine self-expression and hinder authenticity at work.

- [Register now](#)



Vanguard:

Retirement Income

Several dates and times available

This webinar is intended for participants 3 to 10 years from retirement and will review the key benefits and decision points from ages 55 to 70 ½.

- [Register now](#)

Featured **wellbeing resources**



Ayco Personal
Financial
Management

Ayco article:

Spending accounts

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

Foodsmart article:

Eating well on the go: How to pack a cooler

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 the Programs page.

Lyra video series:

Breathe Out the Stress

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. 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:

Family Fitness Fun

Our physical wellbeing partner, Wellbeats, offers over 700 workouts on-demand including running, HIIT, recovery and family-friendly sessions. Find Wellbeats in [Strive](#) on the Programs page.





RethinkCare course:

Connect with your body

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.

