

Wellbeing monthly

November 2024

On deck **this month**

November at a glance

✓ **Double points** month
Complete **20 daily cards**

✓ **Check out:**
Lyra Coaching
for Parents
stryker.lyrahealth.com

✓ **Explore November'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:

Managing Mental Health During the Holidays
November 12 at 2:00 pm Eastern



The holiday season doesn't always feel joyful. Sometimes, it's hard—especially when everyone else seems to be celebrating. The truth is, there's no right or wrong way to feel during the holidays. Many people have mixed emotions during this time of year. In this workshop, you'll learn how to make the most of this holiday season, whatever that means for you. We'll discuss research-backed strategies for setting expectations and protecting your mental health during common holiday stress—including how to find joy, navigate conflict, and make the most of the moments that matter.

- [Register now](#)

Ayco:



Financial Psychology 101: Understand what drives your decisions
Several times available

It's common knowledge: Our financial decisions can have a profound impact on our lives. But did you ever stop to think about the “why” behind those choices? Learn about the common behavioral biases that influence your financial decision-making and how to create better habits.

- [Register now](#)

Ayco:



Understanding Social Security and Medicare
Several times available

Medicare and Social Security are two of the most important aspects of retirement planning, but navigating the specifics of these programs can be a challenge. Join this session to learn how to maximize these benefits to help you retire with confidence.

- [Register now](#)



Ayco:

Quick Hits: Considerations for generating income in retirement
Several times available

While retirement may not be around the corner, it's never too early to plan. Are you on track to meet your goals for the lifestyle you want to live in the future? Have your circumstances changed? Learn about factors worth reevaluating as you start planning the specifics of your retirement.

- [Register now](#)

Ayco:



Quick Hits: Year-end planning
Several times available

The end of the year can often be hectic, especially for your finances! Here are some tax planning tips to help you end 2024 — and start 2025 — strong.

- [Register now](#)

RethinkCare:



How to Navigate Holiday Stress
November 21 at 12 pm Eastern

For a variety of reasons, it can be challenging to balance work, health, relationships and family during the holidays. In this webinar, you'll learn to understand the roles of values, acceptance and committed action in holiday stress. You'll also have the opportunity to plan ways to focus and act on what is important to you.

- [Register now](#)



Vanguard:

Estate Planning
Several dates and times available

Taking care of your loved ones is more than just making a will. Find out the choices you have with the money you've worked so hard to save in your plan.

- [Register now](#)

Featured wellbeing resources

Goldman Sachs

Ayco Personal Financial Management

Ayco article:

[Mutual Funds](#)

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:

[Banana Blueberry Muffins](#)



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:

[SOARing Past Setbacks](#)

Lyra

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:

[You in Mind](#)

◆ Wellbeats

Wellness

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:

[Self-Regulation](#)



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.

