

Wellbeing monthly

September 2024

On deck **this month**

September at a glance

✓ **Double points** month
Complete a Journey step

✓ **Check out:**
Lyra Live Talks
stryker.lyrahealth.com

✓ **Explore September'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:

Ability, Access and Accommodation: Critical Considerations
September 18 at 2:00 pm Eastern



People living with a disability make up the world's largest minority group, but they are often excluded from conversations about privilege, inclusion, and belonging at work. If we continue to overlook this important group of people, they will continue to experience invalidation, isolation, and discrimination. This workshop will review the most common ways ability privilege shows up at work, as well as strategies and language we can all use to make workplaces more safe, accessible, and inclusive.

- [Register now](#)

Lyra:

Coping with Distressing Current Events
September 24 at 2 pm Eastern



Current events impact many aspects of our daily lives. While you can't fully control what happens in the world at large, you can determine how you respond to yourself and others in the aftermath of distressing news by prioritizing your well-being and taking productive action. In this workshop, you'll learn research-supported tools to take care of yourself during difficult times, reduce in-the-moment distress, and know when support from a mental health professional is the right next step. This webinar will also include a guided mindfulness exercise.

- [Register now](#)

Ayco:

Investing Fundamentals
September 12 at 10 am 2 pm Eastern



What's the right investment strategy for you? It depends on a few factors, including your comfort with risk and your financial goals. From stocks and bonds to mutual funds and ETFs, this session explores a range of investment vehicles and how they could work for you.

- [Register now](#) 10 am EST
- [Register now](#) 2 pm EST



Ayco:

Investment Planning Strategies

September 12 at 11:30 am and 3:30 pm Eastern

After you're comfortable with investment basics, this session can help you further build your knowledge. Dive deeper into different types of bonds; value, growth and income stocks; mutual funds; ETFs and more.

- [Register now](#) 11:30 am EST
- [Register now](#) 3:30 pm EST



Ayco:

Financial reassurance through insurance

Several times available

The right insurance coverage can be a source of comfort and peace of mind. This session can help you assess your insurance needs, evaluate your short- and long-term disability options, and determine if long-term care insurance is appropriate for you.

- [Register now](#)



Ayco:

Quick Hits: Maximizing your tax-advantaged accounts

Several times available

Different types of accounts can offer unique benefits to help reduce taxation on your income. From company benefits like flexible spending accounts and health savings accounts to IRAs, this session will cover common features of tax-advantaged accounts and the opportunities available to you.

- [Register now](#)



Ayco:

Quick Hits: The importance of an emergency fund

Several times available

The right insurance coverage can be a source of comfort and peace of mind. This session can help you assess your insurance needs,

evaluate your short- and long-term disability options, and determine if long-term care insurance is appropriate for you.

- [Register now](#)



RethinkCare:

Build Stronger Teams Through Emotional Intelligence
September 19 at 12 pm Eastern

In this webinar you'll learn to identify your child's strengths and challenges, address barriers to paying attention and increase your child's independence and emotional regulation.

- [Register now](#)

Vanguard:



Principles of Investing
Several dates and times available

In this webinar, you'll learn what emotional intelligence is and why it's important at work, how emotional intelligence facilitates team building and ways to boost your emotional intelligence, regardless of your starting point and current abilities.

- [Register now](#)



Featured **wellbeing resources**



Ayco Personal
Financial
Management

Ayco article:

[Beneficiaries](#)

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 recipe:

[Blueberry Mint 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 the Programs page.

Lyra quick meditation:

[Surfing Life's Ups and Downs](#)

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:

[Nourish your Everyday](#)

◆ **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:

[Parental Success: Communicate and Connect](#)

 **RethinkCare**

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.

