

Winston Wellness Week 2019 Supports Year of Mental Health

MAY 31, 2019

May is Mental Health Awareness Month, and the firm is pleased to provide an update on our Year of Mental Health Winston Wellness initiative, a signature component of which was Wellness Week held May 13-17 in all U.S. offices.

Recognizing the connection between mental wellness and physical health, Wellness Week 2019 featured complimentary wellness screenings with a personal health analysis that included measures of blood cholesterol and glucose, blood pressure, body composition, and other biometrics.

A number of our offices held Health Fairs throughout Wellness Week, where representatives from health and wellness providers, fitness organizations, insurance companies, local produce providers, and other organizations and vendors were available for consultation. Several offices offered EAP (employee assistance program) webinars and seminars on “Emotional Wellbeing” and “Being an Advocate for Mental Health.”

Rounding out the week, firm members had opportunities to attend cycling, yoga, or myofascial release classes; take a break to enjoy fresh fruit, smoothies, and other healthy meals and snacks; and enjoy relaxing chair or hand massages. A number of our health and wellness partners also were on site to provide exercise, nutrition, stress reduction, and spinal health tips.

Watch this brief video with highlights from Wellness Week 2019

Our goals for Year of Mental Health – announced firmwide on World Mental Health Day 2018 – are to cultivate a culture of caring at the firm, provide its members with strategies to enhance their own mental health and that of their loved ones and colleagues, and increase understanding and reduce the stigma of mental health challenges.

Winston Wellness Year of Mental Health officially kicked off with a [firmwide teleconference](#) on January 17, and has included an EAP “Developing Resiliency” seminar, a complimentary Calm app subscription for all firm members, a mindfulness workshop led by the firm’s Director of Coaching & Well-Being Diane Costigan, and our WinSTRIDE cross-office steps competition coming in June.

In addition, nearly 50 of our professional staff members participated in the Mental Health First Aid™ certification program and are now trained to recognize the signs when someone may be dealing with a mental health struggle

and assist in connecting them to available resources. We look forward to providing more information on this and other Year of Mental Health programs throughout the year.

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